

CURRICULUM VITAE: David Manja



PERSONAL INFORMATION

SURNAME: Manja
FIRST NAMES: David
COUNTRY: R.S. A
DATE OF BIRTH: 1991/06/08
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
3000m	8:16.9h	Potchefstroom (RSA)	26.01.2016
5000m	14:05.58	Stellenbosch (RSA)	20.03.2012
10,000m	29:01.01	Durban (RSA)	28.02.2017
10 km Road	28:23	Casablanca (MAR)	29.05.2016
Half Marathon	1:02:15	Port Elizabeth (RSA)	30.07.2016
Marathon	2:28:06	Cape Town (RSA)	21.09.2014

PERSONAL PERFORMANCES 2017

Event	Results	Venue	Date
1500m	3:56.79	Potchefstroom (RSA)	07.03.2017
3000m	8:10.64	Potchefstroom (RSA)	15.03.2017
5000m	14:05.58	Potchefstroom (RSA)	14.02.2017
10.000m	29:01.01	Durban (RSA)	28.02.2017
10 km	29:24	Mbombela (RSA)	04.11.2017
12 km	34:10	Cape Town (RSA)	21.05.2017
Half Marathon	1:04:36	Cape Town (RSA)	08.10.2017

PERSONAL PERFORMANCES 2015

2nd Dischem 21km (CGA) 1:07:53
 3rd Mafikeng (nw) 21km 1:07:45
 1st Ottosdal Draf En Stap (cnw) 21km 1:08:46
 4th Two Oceans 21km 1:04:15
 2nd Soweto 21km 1:07:39

PERSONAL PERFORMANCES 2016

1st Outsurance Gun Run (wp) 21km 1:02:51
 1st Ottosdal (cnw) 21km 01:08:28
 3rd Old Mutual Two Oceans (wp) 21km 1:03:42
 1st Foskor (Iima) 21km 1:05:08
 1st Bojanala Platinum Rustenburg (nwn) 21km 1:07:25

