# CURRICULUM VITAE: David Manja

##

## PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** David Manja

**COUNTRY:** R.S. A

**DATE OF BIRTH:** 1991/06/08

**CLUB:** Nedbank Running Club

**EMAIL / CONTACT / TWITTER:** davidmanja1991@gmail.com / 078 305 7895 / @DavidManja1

**Personal Bests**

**Event Result Venue Date**

10,000 Metres 29:01.0 Durban (RSA) 2017

10 Kilometres 28:23:00 Casablanca (MAR) 2016

12 Kilometres 34:10:00 Cape Town (RSA) 2017

Half Marathon 1:02:15 Port Elizabeth (RSA) 2016

Marathon 2:13:33 Dublin (IRL) 2018

**PERSONAL PERFORMANCES 2019**

5000m Potchefstroom 14:47.65, 1st

Freedom Run 10km Port Elizabeth 29:09, 2nd

Two Oceans Half Marathon, Cape Town 1:03:40, 4th

Nelson Mandela Bay Half Marathon, Port Elizabeth, 1:08:27

**PERSONAL PERFORMANCES 2018**

**Event Results Venue Date**

10 Kilometres 28:41 Port Elizabeth (RSA) 07-Apr-18

12 Kilometres 35:26 Cape Town (RSA) 20-May-18

Half Marathon 1:03:01 Port Elizabeth (RSA) 28-Jul-18

Marathon 2:13:33 Dublin (IRL) 28-Oct-18

**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 PERSONAL PERFORMANCES 2016**

2nd Dischem 21km (CGA) 1:07:53 1st Outsurance Gun Run (wp) 21km 1:02:51

3rd Mafikeng (nw) 21km 1:07:45 1st Ottosdal (cnw) 21km 01:08:28

1st Ottosdal Draf En Stap (cnw) 21km 1:08:46 3rd Old Mutual Two Oceans (wp) 21km 1:03:42

4th Two Oceans 21km 1:04:15 1st Foskor (lima) 21km 1:05:08

2nd Soweto 21km 1:07:39 1st Bojanala Platinum Rustenburg (nwn) 21km 1:07:25