# CURRICULUM VITAE: **Joseph Manyedi**

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## **PERSONAL INFORMATION**

**FIRST NAMES / SURNAME:** Joseph Manyedi

**COUNTRY:** R.S.A

**DATE OF BIRTH:** 24 November **1982**

**CLUB:** Nedbank Running Club AGN

**EMAIL / CONTACT / TWITTER:** 079 848 3788

**PERSONAL BEST PERFORMANCES**

**Distance Time Venue Year**

Half Marathon 1:06:25 Phalaborwa (RSA) 2019

50 km 2:55:37 Om die Dam (RSA) 2019

**Comrades Marathon Results**

2018 Down 06:43:04

2017 Up 06:59:49

2016 Down 06:44:56

2015 Up 07:14:40

2019 Up 05:44:34

**Bests Performance 2019**

Om die Dam 50km 2:55:37, 1st

Tuks Bestmed (agn) 21km 1:09:23, 2nd

Johnson Crane Hire Marathon (cga) 2:23:47, 1st

Comrades Marathon Up Run, 5:44:34, 5th

Phalaborwa Foskor 21km, 1:06:25, 2nd

IAU 50km World Championship 2:51:46, 11th