

# SA Half Marathon Championships 2018 MALE ATHLETES - CV'S 21KM



Nedbank Running Club - Administrative Head Office  
Tel: (012) 541 0577  
Fax: (012) 541 3752  
[www.nedbankrunningclub.co.za](http://www.nedbankrunningclub.co.za)

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## CURRICULUM VITAE: **Namakoe Nkhasi**



### **PERSONAL DETAILS**

**SURNAME:** Nkhasi  
**FIRST NAME:** Namakoe  
**DATE OF BIRTH:** 10 January 1993  
**GENDER:** Male  
**NATIONALITY:** Lesotho

### **Personal Best Times**

Event	Result	Venue	Date
1500m	3:49	Port Elizabeth (RSA)	22.03.2013
5000m	13:21	Durban (RSA)	26.06.2016
10,000m	28:06	Durban (RSA)	22.06.2016
10 km Road	28:28	Cape Town (RSA)	18.09.2016
Half Marathon	1:03:38	Cape Town (RSA)	26.03.2016

### **Best Performances 2018**

1 Eldorado Park 10 km 29:57  
 1 Port Elizabeth Freedom Run 10km 28:32  
 13 Cape Town 12km 35:15  
 2 Old Mutual Two Oceans (wp) 21km 1:04:15

### **Best Performances 2016**

1 Metropolitan (wp) 10km 30:18  
 1 Old Mutual Two Oceans (wp) 21km 1:03:36  
 1 Township (cga) 10km 31:20

### **Best Performances 2017**

2nd 10000m 28:32 Durban (RSA)  
 1 George Claassen (agn) 10km 30:18  
 1 Old Mutual Two Oceans (wp) 21km 1:03:16

### **Best Performances 2015**

1 Tembisa (cga) 10km 29:26  
 1 Sabs Jacaranda City Challenge (agn) 10km 30:35  
 1 Sasol (fs) 21km 1:04:28



## CURRICULUM VITAE: Sintayehu Legese Yinesu



### PERSONAL INFORMATION

**SURNAME:** Yinesu  
**FIRST NAMES:** Sintayehu  
**COUNTRY:** Ethiopia  
**CLUB:** Nedbank Running Club  
**D.O.B:** 1990

### Personal Bests

Event	Result	Venue	Date
Half Marathron	1:02:59	Granollers (ESP)	01.02.2015
Marathon	2:11:07	Paris (FRA)	12.04.2015

### Personal Performances 2017

Soweto Marathon (RSA) 2:20:56 (2nd)

### Personal Performances 2016

OR Thambo Marathon (RSA) 2:11:20 (2nd)

### Personal Performances 2015

Soweto Marathon (RSA) 2:23:20 (Winner)  
 Granollers (ESP) 21km 1:02:59  
 Paris Marathon (FRA) 2:11:07

### Personal Performances 2014

Soweto Marathon (RSA) 2:17:55 (Winner)



## CURRICULUM VITAE: Tekletsion Kassahun Tefera



### PERSONAL INFORMATION

**SURNAME:** Tefera  
**FIRST NAMES:** Tekletsion Kassahun  
**COUNTRY:** Ethiopia  
**CLUB:** Nedbank Running Club  
**D.O.B:** 16 March 1990

### **Personal Performances 2017**

1<sup>st</sup> Mandela Day Marathon 2:28:31

### **Personal Performances 2016**

Shenzhen Marathon (CHN) 2:25:47  
Howick Marathon 2:30:10



## CURRICULUM VITAE: **Mothimokholo Hatasi**

### **PERSONAL DETAILS**

**SURNAME:** Hatasi  
**FIRST NAME:** Mothimokholo  
**DATE OF BIRTH:** 2 February 1994  
**GENDER:** Male  
**NATIONALITY:** Lesotho

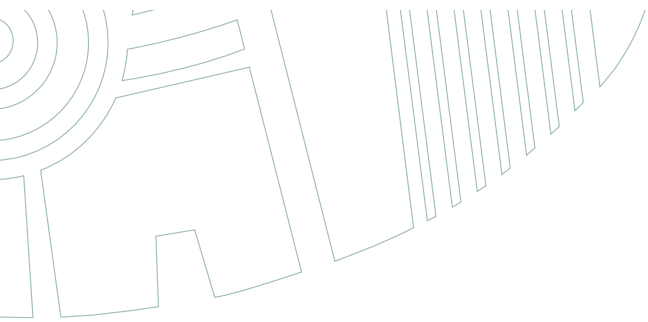
### **Personal Best Times**

<b>Event</b>	<b>Result</b>	<b>Venue</b>	<b>Date</b>
5000 Metres	14:28.09	Potchefstroom (RSA)	09 MAY 2015
10,000 Metres	29:58.18	Potchefstroom (RSA)	08 MAY 2015
12 Kilometres	35:50	Cape Town (RSA)	20 MAY 2018
Marathon	2:26:19	Cape Town (RSA)	17 SEP 2017

### **Best Performances 2018**

19 Cape Town 12km 35:50  
5 Old Mutual Two Oceans (wp) 21km 1:04:44





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**CURRICULUM VITAE: Selam Abere Alebachew**



**PERSONAL INFORMATION**

**SURNAME:** Alebachew  
**FIRST NAMES:** Selam  
**COUNTRY:** Ethiopia  
**CLUB:** Nedbank Running Club  
**D.O.B:** 18 JAN 1989

**Personal Bests**

Event	Result	Venue	Date
10km	32:21	Bristol	05 MAY 2013
Half Marathon	1:12:16	Vitry-sur-Seine	21 APR 2013
Marathon	2:36:08	Marrakech	26 JAN 2014

**Best Performances**

Event	Result	Position	Date
Soweto Marathon	2:46:33	3rd	2017
Mandela Day Marathon	2:49:02	2nd	2017
Mandela Day Marathon	2:52:28	1st	2016
Mandela Day Marathon	2:51:47	1st	2015
Marathon	2:36:08		2014
Half Marathon	1:12:16		2013
Hero's Marathon winner		1st	2013



## CURRICULUM VITAE: Mamorallo Tjoka



### PERSONAL INFORMATION

**SURNAME:** Tjoka  
**FIRST NAMES:** Mamorallo  
**DATE OF BIRTH:** 25 october 1984  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Lesotho

### PERSONAL BEST

Event	Result	Venue	Date
10 Kilometres	34:04	Bellville (RSA)	09 AUG 2005
15 Kilometres	58:22	Johannesburg (RSA)	09 JAN 2005
20 Kilometres	1:12:51	East London (RSA)	02 JUL 2006
Half Marathon	1:14:11	Durban (RSA)	01 JUL 2007
Marathon	2:38:26	Johannesburg (RSA)	07 SEP 2014

### TWO OCEANS PERFORMANCES

Year	Event	Time	Position
2005	Half	01:15:58	1
2006	Half	01:17:14	7
2007	Ultra	03:52:55	8
2008	Half	01:15:04	1
2009	Half	01:15:43	2
2010	Half	01:15:50	3
2011	Ultra	03:42:12	3
2013	Ultra	03:44:40	4
2014	Ultra	03:46:13	4
2017	10km	00:35:11	1
2017	42km	02:49:00	1





## CURRICULUM VITAE: **Habela Abdukadir Genet**

### **PERSONAL INFORMATION**

**SURNAME:** Genet  
**FIRST NAMES:** Abdukadir  
**DATE OF BIRTH:** 30 November 1997  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Ethiopia

### **BEST PERFORMANCES**

<b>Event</b>	<b>Result</b>	<b>Venue</b>	<b>Date</b>
5 km Road	16:13	Rennes (FRA)	12.10.2014
10 km Road	32:53	Marrakesh (MAR)	28.09.2014
15 km Road	52:47	Le Puy-en-Velay (FRA)	01.05.2015
10 Miles Road	56:13	Bern (SUI)	09.05.2015
Half Marathon	1:12:42	Nanning (CHN)	03.12.2016
Half Marathon	1:13:41	Yangzhou (CHN)	23.04.2017
Marathon	2:36:44	Cape Town (RSA)	17.09.2017

