



OM DIE DAM MARATHON 2018 MALE ATHLETES - CV'S 50KM



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



CURRICULUM VITAE: Juan van Deventer



PERSONAL DETAILS

FIRST NAME / SURNAME:

Juan van Deventer

DATE OF BIRTH:

26 March 1983

CLUB:

Nedbank Running Club AGN

NATIONALITY:

South African

EMAIL / CONTACT / TWITTER:

vandeventer.juan@gmail.com / 083 251 1730 / @juanvandeventer

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>
800 Metres	1:47.44
1000 Metres	2:19.38
1500 Metres	3:34.30
One Mile	3:51.31
3000 Metres	7:41.06
5000 Metres	13:22.64
10,000 Metres	28:55.37
10 Kilometres	29:02
15 Kilometres	45:21
Half Marathon	1:06:08

<u>Venue</u>	<u>Year</u>
Potchefstroom (RSA)	31 JAN 2003
Roodeport (RSA)	28 MAR 2003
New York, NY (USA)	30 MAY 2009
Oslo (NOR)	06 JUN 2008
Stockholm (SWE)	22 JUL 2008
Stockholm (SWE)	06 AUG 2010
Stellenbosch (RSA)	03 APR 2009
Durban (RSA)	08 FEB 2009
Germiston (RSA)	07 APR 2013
Cape Town (RSA)	30 MAR 2013



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CURRICULUM VITAE: Marko Mambo



PERSONAL DETAILS

FIRST NAME / SURNAME: Marko Mambo
DATE OF BIRTH: 1 March 1971
CLUB: Nedbank Running Club Zimbabwe
NATIONALITY: Zimbabwe
EMAIL / CONTACT :

PERSONAL BEST PERFORMANCES

2018

Om die Dam 50km 2:59:12 1st

2017

Om die Dam 50km 3:01:26 6th

2011

City2City Ultra Marathon 50km 3:04:06 15th

Comrades Marathon

2018 Comrades Marathon - Up Run 89km 5:37:49 5th
 2017 Comrades Marathon - Up Run 89km 5:52:29 11th
 2016 Comrades Marathon - Down Run 89km 5:45:05 13th
 2012 Comrades Marathon - Down Run 89km 5:33:40 4th

Two Oceans 56km

2012 Two Oceans Marathon 56km 3:17:01 16th
 2010 Two Oceans Marathon 56km 3:19:27
 2009 Two Oceans Marathon 56km 3:10:53 2nd
 2008 Two Oceans Marathon 56km 3:11:35 1st
 2005 Two Oceans Marathon 56km 3:05:40 1st
 2004 Two Oceans Marathon 56km 3:07:42 1st



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CURRICULUM VITAE: EDWARD MOTHIBI



PERSONAL DETAILS

FIRST NAME / SURNAME: Edward Mothibi
DATE OF BIRTH: 10 November 1984
CLUB: Nedbank Running Club AGN
NATIONALITY: South African
EMAIL / CONTACT: Edward.mothibi@implats.co.za/0145690179/0837815475

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10000m	29:00	P.E- RSA	2010
21km	1:04	P.E -RSA	2010
Marathon	2:24	Soweto RSA	2018

Best Performances 2018

Comrades Marathon: 5:36 4th place
FNB 10km Joburg: 30:50 9th place
Soweto Marathon: 2:24 6th place
Akasia marathon: 2:29 1st place

Best Performances 2017

Two oceans marathon :3:22 17th place
Mandela Marathon: 2:31 9th place
Soweto Marathon: 2:25 9th place

Best Performances 2016

S.A 21km champs :1:05
Jacaranda half marathon :1:06 2nd place
25km mountain race (Rustenburg)1:31
Two oceans Marathon 3:41
Soweto marathon: 2:25 7th place



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OM DIE DAM MARATHON 2018 FEMALE ATHLETES - CV'S 50KM



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CURRICULUM VITAE: COBIE SMITH



PERSONAL DETAILS

FIRST NAME & SURNAME: Cobie Smith
DATE OF BIRTH: 11 January 1985
CLUB: Nedbank Running Club CGA
NATIONALITY: South African
EMAIL: cobiesmith@yahoo.com
CONTACT: 0834767480

PERSONAL BEST TIMES

DISTANCE	TIME	VENUE	YEAR
21.1km	1:22	Irene	2017
50km	3:31	Loskop	2018
90km	7:21	Comrades	2018
42km	2:52	Cape Town	2018
32km	2:14	Tough One Randburg	2018

BEST PERFORMANCES 2018

Pharmaton Edenvale Marathon 2:59, 1st
 Deloitte Marathon 3:05 3rd
 Cape Town Marathon 2:52
 Om die Dam 50km 3:50 2nd
 Comrades 7:21

BEST PERFORMANCES 2017

Wally Marathon 3:04, 1st
 Birchwood Half Marathon 1:30 1st
 Tough One 32km 2:21 3rd
 Jacky Gibson Marathon 3:17 1st
 Colgate 32km 2:19 2nd
 Comrades 8:04



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CURRICULUM VITAE: MELISSA JANSEN VAN VUUREN



PERSONAL DETAILS

FIRST NAME / SURNAME: Melissa Jansen van Vuuren
DATE OF BIRTH: 18 July 1995
CLUB: Nedbank Running Club CGA
NATIONALITY: South African
EMAIL / CONTACT / TWITTER: Melissaelsumo.co.za / 084 242 2895

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 km Road	42:00	PTA	2018
15 km Road	1:07:36	JHB	2019
Half Marathon	1:32:04	Kempton Park	2018
Marathon	-		

Best Performances 2018

Rainbow Barnard 21km (93:04) 3rd Lady
 Alberton Half (92:46) 3rd Lady
 Vitality Wanderers Half (94:44) 5th Lady
 Garsfontein Ice Breaker 21km – (1:43:00) 3rd Lady

Best Performances 2019

Varsity Kudus 15k (1:07:36) 8th Lady overall



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