



OLD MUTUAL OM DIE DAM MARATHON

2016

MALE ATHLETES - CV'S 50KM



CURRICULUM VITAE: Sepitle Raymond Phaladi



PERSONAL INFORMATION

SURNAME: Phaladi
FIRST NAMES: Raymond
COUNTRY: R.S.A
DATE OF BIRTH: 04.04.1982
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

2015	Om Die Dam 50km	50km 3:11:07	7th
2014	Comrades Marathon - Down Run	89km 6:10:11	
2014	Om Die Dam 50km	50km 2:58:55	4th
2012	Two Oceans Marathon	56km 3:30:07	



CURRICULUM VITAE: Eliya Mogoboya



PERSONAL INFORMATION

SURNAME: Mogoboya
FIRST NAMES: Eliya
COUNTRY: R.S.A
DATE OF BIRTH: 17.06.1984
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

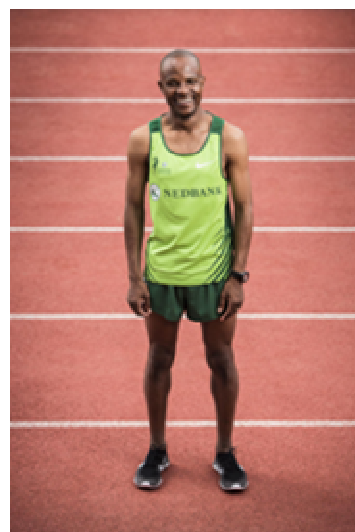
Event	Result	Venue	Date
15 km Road	49:41	Boksburg (RSA)	31.10.2010
Half Marathon	1:08:45	Pretoria (RSA)	10.08.2013
Marathon	2:24:30	Lephalale (RSA)	02.08.2014
50 km Road	3:03:55	Assen (NED)	20.08.2011

Ultra Running Performances

2015	Om die Dam Ultra Marathon	50km	3:01:40	3rd
2013	City2City Ultra Marathon	50km	2:53:04	1st
2013	Two Oceans Marathon	56km	3:22:54	
2012	City2City Ultra Marathon	50km	2:54:35	5th
2012	Two Oceans Marathon	56km	3:21:55	
2011	City2City Ultra Marathon	50km	3:01:25	10th



CURRICULUM VITAE: **Ludwick MAMABOLO**



PERSONAL INFORMATION

SURNAME: Mamabolo
FIRST NAMES: Ludwick
COUNTRY: R.S.A
DATE OF BIRTH: 14.04.1977
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Half Marathon 1:07:37
 Marathon 2:20:48
 50 km Road 2:55:42

Comrades Marathon Results

2010 Down 05:35:29 2nd
 2011 Up 05:50:18 7th
 2012 Down 05:31:03 1st
 2013 Up 05:45:49 4th
 2014 Down 05:33:14 2nd

Annual Bests 2016

Event	Result	Venue	Date
Marathon	2:25:25	Benoni (RSA)	31.01.2016



CURRICULUM VITAE: **Charles Soza**



PERSONAL INFORMATION

SURNAME: Soza
FIRST NAMES: Charles
COUNTRY: Zimbabwe
DATE OF BIRTH: 1983
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
10,000m	30:16.8h	Harare (ZIM)	03.07.2005
10 km Road	31:00	Pretoria (RSA)	21.05.2005
15 km Road	47:19	Emmen (NED)	12.05.2006
Half Marathon	1:03:52	Haarlem (NED)	28.09.2003
Marathon	2:18:49	Bulawayo (ZIM)	03.11.2013



CURRICULUM VITAE: **Colin Parura**

PERSONAL INFORMATION

SURNAME: Colin
FIRST NAMES: Parura
COUNTRY: Zimbabwe
DATE OF BIRTH: 1985/02/05
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
10 km Road	30:58	Pretoria (RSA)	21.01.2012
Half Marathon	1:08:14	Middelburg (RSA)	04.04.2009
25 km Road	1:23:44	Pretoria (RSA)	09.05.2015
Marathon	2:24:29	Victoria Falls (ZIM)	14.07.2013

PERSONAL PERFORMANCES 2013

4 City2City 50km 2:55:38
 3 Sasol Secunda (mpu) 21km 1:10:02
 8 Mccarthy Toyota (agn) 21km 1:08:33

PERSONAL PERFORMANCES 2012

1 Elandsvalley (mpu) 42km 2:16:50
 2 Longtom (mpu) 21km 1:04:16
 3 Mccarthy Toyota (agn) 21km 1:08:37
 1 Ottosdal Nite (nw) 42km 2:25:39

PERSONAL PERFORMANCES 2011

2 Hunters Challenge (agn) 10km 31:40
 1 Jacaranda City (agn) 10km 31:08

PERSONAL PERFORMANCES 2010

2 Value Logistics Ou Voetpad (agn) 16km 56:59
 2 Spirit Of Flight (agn) 10km 30:27
 1 Remax Rrw (cga) 21km 1:08:56
 2 Akasia 3 In 1 (agn) 10km 30:40



CURRICULUM VITAE: **Mike Fokoroni**

PERSONAL INFORMATION

SURNAME: Fokoroni
FIRST NAMES: Mike
COUNTRY: Zimbabwe
DATE OF BIRTH: 1977/01/10
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
10 km Road	29:41	Mamelodi (RSA)	05.04.2009
20 km Road	1:01:58	East London (RSA)	02.07.2006
Half Marathon	1:03:04	Port Elizabeth (RSA)	04.07.2009
Marathon	2:13:17	Beijing (CHN)	24.08.2008
50 km Road	2:48:33	Cape Town (RSA)	23.04.2011

Comrades Marathon

Year	Race	Time	Position
2015	Up	06:37:16	60
2014	Down	05:45:46	13
2013	Up	05:50:11	8
2012	Down	05:58:37	30

Two Oceans Marathon

Year	Time	Position
2010	03:11:38	6
2011	03:11:25	7
2013	03:13:29	10
2015	03:16:56	6

