



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



Nedbank Running Club - Administrative Head Office
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CURRICULUM VITAE: **Marko Mambo**



PERSONAL INFORMATION

SURNAME: Mambo
FIRST NAMES: Marko
COUNTRY: Zimbabwe
DATE OF BIRTH: 1 March 1971
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

2017

Om die Dam 50km 3:01:26 6th
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 Marathon 56km 3:17:01 16th

2011

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

2010

Loskop Ultra Marathon 50km 2:53:20 2nd
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



CURRICULUM VITAE: **Felix Mushurwa**



PERSONAL INFORMATION

SURNAME: Mushurwa
FIRST NAMES: Felix
COUNTRY: Zimbabwe
DATE OF BIRTH: 1977
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
50 km Road	2:55:48	Hartebeespoort Dam (RSA)	20.03.2010

Best Performances

Year	Race	Time	Position
2017	Loskop 50km	02:54:54	3
2017	Om Die Dam 50km	3:06:36	10
2015	Om Die Dam 50km	3:01:05 h	2
2010	City2City Ultra Marathon	3:06:41 h	7
2010	Om Die Dam 50km	2:55:48 h	3



CURRICULUM VITAE: Lucas Nonyana



PERSONAL INFORMATION

SURNAME: Nonyana
FIRST NAMES: Lucas
COUNTRY: RSA
DATE OF BIRTH: 2 August 1979
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
Marathon	2:21:56	Durban (RSA)	2009
50 km Road	2:56:19	Hartebeespoort Dam (RSA)	2010

Comrades Marathon

Date	Result	Position
2016	Down 05:46:53	16
2014	Down 05:44:40	12
2010	Down 06:09:31	33
2009	Down 05:39:29	5
2007	Down 05:47:32	9
2006	Up 05:53:59	14

Two Oceans 56km

2016	03:27:28	19
2015	03:25:55	18
2014	03:17:46	13
2013	03:22:06	20
2011	03:16:47	20
2008	03:20:52	16



CURRICULUM VITAE: **Hatiwande Nyamande**



PERSONAL INFORMATION

SURNAME: Nyamande
FIRST NAMES: Hatiwande
COUNTRY: Zimbabwe
DATE OF BIRTH: 1979
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Date	Position	Result	Distance	Event
2017	2nd	5:38:19	89 km	Comrades
2008	2nd	2:55:54	50 km	City to City
2007	3rd	3:11:14	56 km	Old Mutual Two Oceans
2005	1st	2:26:36	Marathon	Glenmore Beach RSA
2004	8th	2:52:15	50 km	Loskop

COMRADES PERFORMANCES

2017	Up	5:38:48	2nd
2015	Up	5:48:19	3rd
2013	Up	6:48:11	78th



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

Best Running Performances

2016	Mayoral Race Polokwane (Iima)	42km	2:28:26	8th
2016	Gert Sibande District Municipality	42km	2:33:36	4th
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	10 th



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 2017

1 Om die Dam 50km 2:53:54
 2 Loskop 50km 2:48:54

PERSONAL PERFORMANCES 2016

2 Deloitte Marathon 42km 2:27:22
 4 Loskop Marathon 50km 2:52:39

PERSONAL PERFORMANCES 2015

9 Clover Irene Spring (agn) 10km 32:57
 2 Love Run (agn) 21km 1:11:26



CURRICULUM VITAE: **Khumbulani Zondo**



PERSONAL INFORMATION

SURNAME: Zondo
FIRST NAMES: Khubulani
COUNTRY: R.S. A
DATE OF BIRTH: 7 December 1976
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

2017

Om Die Dam 50km 3:11:53, 17th
Loskop 50km 3:10:15, 16th

2016

Comrades Marathon - Down Run 89km 6:29:41
Om Die Dam 50km 3:01:58, 3rd

2015

City2City Ultra Marathon 50km 3:09:30, 7th

2014

Comrades Marathon - Down Run 89km 6:44:16

2013

Comrades Marathon - Up Run 87km 6:41:24

2012

Comrades Marathon - Down Run 89km 6:17:10

