# OLD MUTUAL SOWETO MARATHON 2018
# MALE ATHLETES - CV'S 42.2KM

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

MAKE THINGS HAPPEN
NEDBANK

NEDBANK
Running Club

# CURRICULUM VITAE: **Lungile GONGQA**

## PERSONAL INFORMATION

**SURNAME**: Gongqa
**FIRST NAMES:** Lungile
**COUNTRY:** South-African
**DATE OF BIRTH:** 22/02/1979
**CLUB:** Nedbank Running Club

## PERSONAL BEST PERFORMANCES

| Distance | Time | Area | Date |
|---|---|---|---|
| 5000m | 14:12.47 | Durban (RSA) | 21.03.2010 |
| 10,000m | 30:10.31 | Stellenbosch (RSA) | 13.03.2009 |
| 10 km Road | 29:09 | Mdantsane (RSA) | 01.09.2013 |
| 12 km Road | 35:39 | Cape Town (RSA) | 17.05.2015 |
| 15 km Road | 45:20 | Cape Town (RSA) | 09.03.2013 |
| Half Marathon | 1:03:57 | Port Elizabeth (RSA) | 30.07.2016 |
| Marathon | 2:11:59 | Cape Town (RSA) | 20.09.2015 |

## Best Performances 2018

Marathon Cape Peninsula (wp) 02:21:58, 1st
21km Sasolburg (fs) 01:11:51, 5th
56km Two Oceans (wp) 2:22:54, 19th
Cape Town Marathon 02:21:42

## Best Performances 2017

10km Rondebosch (RSA) 30:46
12km Cape Town (RSA) 36:55
21km Port Elizabeth (RSA) 1:05:05
Marathon Mumbai (IND) 2:18:52
56km Two Oceans Cape Town (RSA) 3:09:38, 1st

## Best Performances 2015

| Event | Result | Venue | Date |
|---|---|---|---|
| 10 km Road | 29:15 | Kuils River (RSA) | 05.09.2015 |
| 12 km Road | 35:39 | Cape Town (RSA) | 17.05.2015 |
| 15 km Road | 47:53 | Durbanville (RSA) | 21.01.2015 |
| Half Marathon | 1:04:17 | Port Elizabeth (RSA) | 25.07.2015 |
| Marathon | 2:11:59 | Cape Town (RSA) | 20.09.2015 |

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

MAKE THINGS HAPPEN
NEDBANK

CURRICULUM VITAE: **SIBUSISO NZIMA**

**PERSONAL DETAILS**

| | |
|---|---|
| **SURNAME:** | Nzima |
| **FIRST NAME:** | Sibusiso |
| **DATE OF BIRTH:** | 23 November 1986 |
| **CLUB:** | Nedbank Running Club |
| **NATIONALITY:** | South African |

**PERSONAL BEST TIMES**

| Distance | Time | Venue | Year |
|---|---|---|---|
| 10 km Road | 28:29 | Paarl (RSA) | 14.08.2010 |
| 15 km Road | 44:15 | Nijmegen (NED) | 15.11.2009 |
| Half Marathon | 1:02:10 | Port Elizabeth (RSA) | 24.07.2010 |
| Marathon | 2:11:43 | Sevilla (ESP) | 21.02.2016 |

**Best Performances 2018**

George Claassen 21km 1:05:49, 1st
FNB Cape Town 12km 35:38
SA Half Marathon Champs (PE) 1:03:47
Gaborone Marathon (BOT) 2:16:57, 1st

**Best Performances 2017**

Mapungubwe (lima) 21km 1:09:42, 3rd
Run for Cancer (lima) 32km 1:43:56, 1st

**Best Performances 2016**

| Event | Result | Venue | Date |
|---|---|---|---|
| 10 km Road | 29:45 | Sasolburg (RSA) | 06.02.2016 |
| Marathon | 2:11:43 | Sevilla (ESP) | 21.02.2016 |

**Best Performances 2015**

| Event | Time | | Venue | Date |
|---|---|---|---|---|
| 10 km Road | 28:55 | | Durban (RSA) | 01.03.2015 |
| Half Marathon | 1:03:47 | (11th) | Port Elizabeth (RSA) | 25.07.2015 |
| Marathon | 2:16:35 | (4th) | Düsseldorf (GER) | 26.04.2015 |
| Marathon | 2:15:38 | (6th) | Cape Town Marathon (RSA) | 19.09.2015 |

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

MAKE THINGS HAPPEN
NEDBANK

NEDBANK
Running Club

# CURRICULUM VITAE: **Namakoe Nkhasi**

**PERSONAL DETAILS**

| | |
|---|---|
| **SURNAME:** | Nkhasi |
| **FIRST NAME:** | Namakoe |
| **DATE OF BIRTH:** | 10 January 1993 |
| **CLUB:** | Nedbank Running Club |
| **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
Cape Town 12km 35:15
2 Old Mutual Two Oceans (wp) 21km 1:04:15
SA Half Marathon Champs (PE) 1:04:02

**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 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 2015**

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

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

MAKE THINGS HAPPEN
NEDBANK

CURRICULUM VITAE:

**PERSONAL INFORMATION**

| | |
|---|---|
| **SURNAME:** | Mothibi |
| **FIRST NAMES:** | Edward |
| **COUNTRY:** | R.S. A |
| **DATE OF BIRTH:** | 10 November 1989 |
| **CLUB:** | Nedbank Running Club |

**Best performance 2018**

Comrades Marathon 89km, 4th, 05:35:32
FNB Johannesburg 10km, 9th, 30:50

**Best performance 2017**

21km: dischem half Marathon Position :6 Time: 1:13
56km: Two Oceans Marathon Position :17 Time: 3:22:50
21km: swartkop race (lapa) Position:2 Time: 1:07
42.2km: Mandela Marathon Position:09 Time:2:31:28
25km: Rustenburg mountain race Position:1 Time: 1:32

**Personal best performance 2015**

10km: miway wally Hayward marathon Position:2 Time: 31:28
15km: Ocean busket marcel van slot Position:6 Time: 49:26
21km: Asa half marathon champs (P.E) Position:35 Time:1:07
56km: Two Ocean ultra-Marathon Position :22 Time: 3:28

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

MAKE THINGS HAPPEN
NEDBANK

CURRICULUM VITAE: **Ntsindiso Mphakathi**

## PERSONAL INFORMATION

| | |
|---|---|
| **SURNAME:** | Ntsindiso |
| **FIRST NAMES:** | Mphakathi |
| **COUNTRY:** | R.S.A |
| **DATE OF BIRTH:** | 12.03.1990 |
| **CLUB:** | Nedbank Running Club |

## PERSONAL BEST PERFORMANCES

| **Distance** | **Performance** |
|---|---|
| 42.2km | 02:18:42 |

**BEST PERFORMANCES 2017**
3rd, Jhb Harriers (cga) 10km, 32:33
2nd, Township (cga)10km, 31:18
3rd, Soweto Marathon, 02:19:41

**BEST PERFORMANCES 2016**
3rd Buffs Marathon 42km 2:23:12

**BEST PERFORMANCES 2015**
4th Asa Championships 42km 2:18:42

**BEST PERFORMANCES 2014**
9th H Ntsobi Memorial (cga) 10km 31:12
1st Colgate (cga) 32km 1:44:51
6th Harcourt Alan Robb (cga) 15km 48:18

**BEST PERFORMANCES 2013**
13th Rac City Lodge Tough One (cga) 32km 1:52:25
4th Wanderers (cga) 10km 31:34

**BEST PERFORMANCES 2012**
13th Summer Challenge (cga) 10km 33:56
8th Wanderers (cga) 10km 32:39

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

MAKE THINGS HAPPEN
NEDBANK

NEDBANK
Running Club

# 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 Matrathon | 1:02:59 | Granollers (ESP) | 01.02.2015 |
| Marathon | 2:11:07 | Paris (FRA) | 12.04.2015 |

**Personal Performances 2018**
Mandela Day Marathon (RSA) 2:28:05 (1st)

**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)

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

MAKE THINGS HAPPEN
NEDBANK

NEDBANK
Running Club

# 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 2018

2 Om die Dam 50km 3:00:41
2 Loskop Marathon 50km 2:54:50

## 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

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

MAKE THINGS HAPPEN
NEDBANK

CURRICULUM VITAE: **OBED KOPONG**

**PERSONAL INFORMATION**

| | |
|---|---|
| **SURNAME:** | Kopong |
| **FIRST NAMES:** | Obed |
| **COUNTRY:** | R.S. A |
| **DATE OF BIRTH:** | 1988/06/30 |
| **CLUB:** | Nedbank Running Club |

**PERSONAL PERFORMANCES 2018**

FNB 0ne Run 12km, 37:08
Diacore Gaborone Marathon 02:24:18, 7th
SA Half Marathon Championships 01:06:16

**PERSONAL PERFORMANCES 2017**

Diacore Gaborone Marathon 02:26:15, 3rd
Gun Run 21km 01:06:20 ,3rd
Om Die Dam 21km 01:10:50, 1st

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

MAKE THINGS HAPPEN
NEDBANK

# CURRICULUM VITAE: Lebenya NKOKA

**PERSONAL INFORMATION**

| | |
|---|---|
| **SURNAME:** | NKOKA |
| **FIRST NAMES:** | Lebenya |
| **COUNTRY:** | Lesotho |
| **DATE OF BIRTH:** | 19 October 1982 |
| **CLUB:** | Nedbank Running Club |

**Personal Bests**

| Event | Result | Venue | Date |
|---|---|---|---|
| 10 km Road | 29:44 | Roodeport (RSA) | 01.10.2006 |
| 20 km Road | 1:02:51 | George (RSA) | 14.10.2006 |
| Half Marathon | 1:03:28 | Port Elizabeth (RSA) | 24.06.2017 |
| Marathon | 2:12:20 | Bloemfontein (RSA) | 16.04.2016 |

**Best performances 2016**

| Event | Result | Venue | Position |
|---|---|---|---|
| Half Marathon | 1:03:28 | Port Elizabeth (RSA) | 24.06.2017 |
| Marathon | 2:19:02 | Daegu (KOR) | 02.04.2017 |

# CURRICULUM VITAE: David Barmasai Tumo

**PERSONAL INFORMATION**

| | |
|---|---|
| **SURNAME:** | Tumo |
| **FIRST NAMES:** | David Barmasai |
| **COUNTRY:** | Kenya |
| **CLUB:** | Nedbank Running Club |
| **D.O.B:** | 1987 |

**Personal Bests**

| Event | Result | Venue | Date |
|---|---|---|---|
| 10 km | 28:53 | Appingedam (NED) | 2011 |
| 15 km | 45:14 | Nijmegen (NED) | 2011 |
| Marathon | 2:07:18 | Dubai (UAE) | 2011 |

**Personal Performances**

| | | |
|---|---|---|
| 2016 | 2:15:02 | San Sebastián (ESP) |
| 2014 | 2:14:52 | Mossel Bay (RSA) |
| 2013 | 2:19:06 | Xiamen (CHN) |
| 2012 | 2:15:32 | Amsterdam (NED) |
| 2011 | 2:07:18 | Dubai (UAE) |
| 2010 | 2:10:31 | Nairobi (KEN) |

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

MAKE THINGS HAPPEN
NEDBANK

NEDBANK
Running Club

NEDBANK RUNNING CLUB

# OLD MUTUAL SOWETO MARATHON 2018
# FEMALE ATHLETES - CV'S 42.2KM

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

MAKE THINGS HAPPEN

NEDBANK

NEDBANK
Running Club

# CURRICULUM VITAE: **IRVETTE VAN ZYL**

## PERSONAL INFORMATION

| | |
|---|---|
| **SURNAME:** | van Zyl |
| **FIRST NAMES:** | Irvette |
| **COUNTRY:** | R.S.A |
| **DATE OF BIRTH:** | 1987/07/05 |
| **CLUB:** | Nedbank Running Club |

## PERSONAL BEST PERFORMANCES

| Event | Result | Venue | Date |
|---|---|---|---|
| 5 km Road | 16:25 | Arezzo (ITA) | 27.05.2012 |
| 10 km Road | 32:20:00 | Stellenbosch (RSA) | 09.08.2014 |
| 12 km Road | 39:40:00 | Cape Town (RSA) | 15.05.2016 |
| 15 km Road | 51:06:00 | Nijmegen (NED) | 17.11.2002 |
| 20 km Road | 1:11:23 | East London (RSA) | 02.07.2006 |
| Half Marathon | 1:11:00 | Port Elizabeth (RSA) | 30.07.2016 |
| Half Marathon | 1:10:56 | New York (USA) | 20.03.2011 |
| Marathon | 2:31:26 | London (GBR) | 21.04.2013 |

## PERSONAL BEST PERFORMANCES 2018

2nd George Claasen 10 km 35:02
3rd Cape Town Spar Grand Prix Series 35:07
4th Spar Ladies Pretoria 34:56
Pietermaritzburg Spar Ladies 34:56
1st Cape Town Marathon 10km 32:48
1st FNB Johannesburg CityRun 10km 33:52
1st Spar Ladies Johannesburg 10km 34:07

## PERSONAL BEST PERFORMANCES 2017

| Event | Result | Venue | Date |
|---|---|---|---|
| 5000m | 16:20.06 | Durban (RSA) | 28.02.2017 |
| 1500m | 4:23.23 | Potchefstroom (RSA) | 22.04.2017 |
| 10 km Road | 33:07 | Cape Town (RSA) | 02.04.2017 |
| Half Marathon | 1:12:36 | Barcelona (ESP) | 12.02.2017 |
| Marathon | 2:36:46 | Cape Town (RSA) | 17.09.2017 |

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

MAKE THINGS HAPPEN
NEDBANK

NEDBANK
Running Club

# CURRICULUM VITAE: **Charne Bosman**

## PERSONAL INFORMATION

**SURNAME:** Bosman
**FIRST NAMES:** Charne
**COUNTRY:** R.S. A
**DATE OF BIRTH:** 6 November 1975
**CLUB:** Nedbank Running Club

### Personal Bests

| Event | Result | Venue | Date |
|---|---|---|---|
| 10 km Road | 35:07 | Port Elizabeth (RSA) | 07.05.2011 |
| 15 km Road | 54:44 | Jeffreys Bay (RSA) | 05.01.2013 |
| Half Marathon | 1:14:59 | Pretoria (RSA) | 02.02.2013 |
| Marathon | 2:41:56 | George (RSA) | 05.02.2012 |
| Comrades Marathon | 6:25:53 | Durban (RSA) | 29.05.2016 |

### Best Performances 2018

3rd Two Oceans Marathon 56km 3:45:22
1st Loskop 50km 3:21:50
1st Konica Minolta Jackie Mekler (agn) 25km 1:36:16
1st Medihelp Sunrise Monster (agn) 32km 2:17:52
1st Deloitte Pretoria Marathon (agn) 42km 2:56:44
1st Tuks Bestmed (agn) 42km 2:50:57
5th Comrades Marathon 6:33:08

### Best Performances 2017

2nd Om die Dam 50km 3:34:42
3rd Comrades Marathon 6:39:51

### Other

| | | |
|---|---|---|
| 10 km Road | 36:57 | Pretoria (RSA) |
| 15 km Road | 56:36 | Pretoria (RSA) |
| Marathon | 2:55:22 | Cape Town (RSA) |

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

MAKE THINGS HAPPEN
NEDBANK

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 |
|---|---|---|---|
| Two Oceans | 3:59:24 | 9th | 2018 |
| 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 |

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

MAKE THINGS HAPPEN
NEDBANK

NEDBANK
Running Club

# 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 |

## BEST PERFOMANCES 2018

SA 21km Championships 01:10:46
FNB Johannesburg CityRun 10km 35:39

## 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 |

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

MAKE THINGS HAPPEN
NEDBANK

CURRICULUM VITAE: **Loveness Madsiva**

**PERSONAL INFORMATION**

| | |
|---|---|
| **SURNAME:** | Loveness |
| **FIRST NAMES:** | Madsiva |
| **CLUB:** | Nedbank Running Club |
| **NATIONALITY:** | Zimbabwe |

**Bests Performances**

| **Date** | **Event** | **Result** | **Position** |
|---|---|---|---|
| 2018 | Mandela Day Marathon | 3:11:48 | 7th |
| 2018 | Two Oceans 56km | 3:56:18 | 7th |
| 2018 | Durban City Marathon 42km | 2:47:21 | 1st |
| 2017 | Harry Gwala District Marathon 21kn | 1:14:54 | 2nd |
| 2017 | SA Run4Cancer 48km | 3:23:59 | 1st |

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

MAKE THINGS HAPPEN
NEDBANK