

CURRICULUM VITAE: Claude Moshiywa



PERSONAL INFORMATION

SURNAME: Moshiywa
FIRST NAMES: Claude
COUNTRY: R.S.A
DATE OF BIRTH: 10-Oct-1974
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

10km: 30 minutes
15km: 48 Minutes
21.1km: 1H06
42.2km: 2H24
56km: 3H11
Comrades: 5H32

Comrades Marathon Results

2005 Down, 05:42:23, 8th
 2006 Up, 05:50:18, 11th
 2007 Down, 05:53:30, 12th
 2008 Up, 06:04:12, 19th
 2009 Down 05:53:22, 16th
 2010 Down, 05:43:04, 6th
 2011 Up, 05:42:06, 3rd
 2012 Down, 05:39:11, 9th
 2013 Up, 05:32:09, 1st
 2015 Up, 05:55:17, 7th
 2016 Down, 05:36:25, 6th

Two Oceans 56km Results

2006, 03:16:29, 13th
 2007, 03:12:03, 4th
 2008, 03:22:42, 18th
 2013, 03:15:36, 14th
 2015, 03:26:40, 19th
 2016, 03:22:20, 15th



CURRICULUM VITAE: Kgosi Samuel Tsosane



PERSONAL DETAILS

SURNAME: Tsosane
FIRST NAME: Kgosi
DATE OF BIRTH: 15/04/1986
GENDER: Male
NATIONALITY: South African
SPECIALITY: 10km, 21km

Personal Bests

Event	Result	Venue	Date
1500m	3:47.66	Pretoria (RSA)	07.03.2015
3000m	8:02.84	Potchefstroom (RSA)	19.02.2011
5000m	13:30.88	Cape Town (RSA)	10.03.2011
10,000m	28:51.54	Stellenbosch (RSA)	12.04.2013
10 km Road	28:41	Sasolburg (RSA)	12.05.2012
15 km Road	44:41	Pretoria (RSA)	16.08.2014
Half Marathon	1:02:24	Burgersfort (RSA)	08.09.2012
25 km Road	1:19:13	Pretoria (RSA)	05.05.2012
Marathon	2:19:32	Mossel Bay (RSA)	28.09.2013

Best for 2015

Event	Result	Venue	Date
1500m	3:51.27	Pretoria (RSA)	27.02.2016
5000m	14:10.44	Cape Town (RSA)	22.03.2016
10 km Road	29:54	Sasolburg (RSA)	06.02.2016
Half Marathon	1:05:57	Port Elizabeth (RSA)	30.07.2016



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

Date	Event	Result	Position
2016	Loskop Marathon 50km	2:52:27	3rd
2015	Om Die Dam 50km	3:11:07	7th
2014	Comrades Marathon - Down Run 89km	6:10:11	
2014	Om Die Dam 50km	2:58:55	4th
2012	Two Oceans Marathon 56km	3:30:07	



CURRICULUM VITAE: Siphiwe Ndlela



PERSONAL INFORMATION

SURNAME: Ndlela
FIRST NAMES: Siphiwe
COUNTRY: R.S.A
DATE OF BIRTH: 09.04.1989
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

2016 Comrades Marathon 7th 5:36:56
2016 Two Oceans 56km 10th 3:19:55
2015 Zululand Ultra-marathon 4th
2015 Comrades Marathon 18th 6:06:08
2014 Zululand Ultra-marathon 9th
2014 Comrades Marathon 15th 5:46:46



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	10th



CURRICULUM VITAE: Lymphson Maifo



PERSONAL INFORMATION

SURNAME: Maifo
FIRST NAMES: Limpson
COUNTRY: R.S.A
DATE OF BIRTH: 25.07.1978
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
City2City 50km	2:54:47	Gauteng	2012

Ultra Running Performances

2016 Comrades Marathon - Down Run 6:20:56
 2016 Benoni Northerns (cga) 50km 03:06:57, 5th
 2015 Comrades Marathon - Up Run 6:11:57
 2015 Slo-Mag 50km 3:00:42, 1st
 2014 Legends Marathon 4:13:56, 4th
 2012 City2City Ultra Marathon 50km 2:54:47, 6th
 2011 City2City Ultra Marathon 50km 3:04:00
 2011 Comrades Marathon - Up Run 6:41:18
 2010 City2City Ultra Marathon 50km 3:13:04
 2009 City2City Ultra Marathon 50km 3:14:01



CURRICULUM VITAE: Lucas Jani



PERSONAL INFORMATION

SURNAME: Jani
FIRST NAMES: Lucas
COUNTRY: R.S.A
DATE OF BIRTH: 20.04.1984
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
3000m	8:18.13	Pretoria (RSA)	07.03.2008
5000m	14:36.15	Pretoria (RSA)	05.02.2014
10,000m	29:48.0h	Pretoria (RSA)	16.03.2013
3000mSC	8:59.12	Durban (RSA)	17.04.2004
10 km Road	29:36	Sasolburg (RSA)	12.05.2012
Half Marathon	1:03:32	Irene (RSA)	07.11.2015
Marathon	2:17:37	Dubai (UAE)	23.01.2015

Annual Bests

Event	Result	Venue	Date
3000m	8:35.21	Pretoria (RSA)	08.03.2016
10 km Road	30:54	Pretoria (RSA)	24.09.2016
Half Marathon	1:07:27	Centurion (RSA)	02.05.2016
Marathon	2:21:32	East London (RSA)	20.02.2016



CURRICULUM VITAE: Jonas Makhele

PERSONAL INFORMATION

SURNAME: Makhele
FIRST NAMES: Jonas
COUNTRY: R.S.A
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
Marathon	2:28:16	Durban (RSA)	01.03.2015
Marathon	2:22:48	Port Elizabeth (RSA)	03.07.2016

Recent Running Performances

Sasfin Gerald Fox (cga) 21km 01:10:19, 2nd
Kpmg Randburg Harriers (cga) 10km, 00:32:02, 3rd
Clearwater Mall (cga) 10km 00:32:20, 5th
Township (cga) 42km 02:33:26, 11th
Kudus (cga) 15km 00:51:04, 5th



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

2012 Down, 05:58:37, 30th
 2013 Up, 05:50:11, 8th
 2014 Down, 05:45:46, 13th
 2015 Up, 06:37:16, 60th
 2016 Down, 05:35:09, 4th

Two Oceans Marathon

2010, 03:11:38, 6th
 2011, 03:11:25, 7th
 2013, 03:13:29, 10th
 2015, 03:16:56, 6th
 2016, 03:13:33, 1st



CURRICULUM VITAE: **Moses Kurgat**



PERSONAL INFORMATION

SURNAME: Kurgat
FIRST NAMES: Moses
COUNTRY: Kenya
DATE OF BIRTH: 08.08.1991
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
15 km Road	45:42	Pretoria (RSA)	20.08.2016
Half Marathon	1:06:27	Pretoria (RSA)	24.09.2016
Marathon	2:08:40	Gongju (KOR)	21.10.2012

Best performances

Event	Result	Venue	Position
Marathon	2:24:00	Cape Peninsula (WP)	1st
15 km Road	45:42	Pretoria (RSA)	
Half Marathon	1:06:27	Pretoria (RSA)	
Marathon	2:11:50	Bloemfontein (RSA)	3rd
Marathon	2:13:16	Cape Town (RSA)	6th



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	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

PERSONAL PERFORMANCES 2016

2 Loskop Marathon 50km 2:51:57
 3 Exec Mayor Modimolle to Bela Bela (lima) 28km 1:36:01
 1 Addicted To Life Freedom (agn) 12km 37:30

PERSONAL PERFORMANCES 2015

1 Sizwe Dr Motlana (agn) 42km 2:36:04
 2 Remax Wierie (agn) 21km 1:12:57

PERSONAL PERFORMANCES 2014

3 Ehk Nw Architects Mafikeng (nw) 42km 2:27:00



CURRICULUM VITAE: **Edwin Chimombo**



PERSONAL INFORMATION

SURNAME: Chimombo
FIRST NAMES: Edwin
COUNTRY: Zimbabwe
DATE OF BIRTH: 1981
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
10 km Road	29:30	Stellenbosch (RSA)	21.10.2006
15 km Road	47:20	Pretoria (RSA)	09.07.2011
Half Marathon	1:06:27	Victoria Falls (ZIM)	14.07.2013
Marathon	2:19:28	Mossel Bay (RSA)	28.09.2013

PERSONAL PERFORMANCES 2016

Event	Result	Venue	Date
Marathon	2:21:36	Wien (AUT)	10.04.2016



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 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: Ketema Bekele NEGASA



PERSONAL INFORMATION

SURNAME: Negasa
FIRST NAMES: Ketema
COUNTRY: Ethiopia
CLUB: Nedbank Running Club
D.O.B: 07.10.1986

Personal Bests

Event	Result	Venue	Date
42km	2:11:17	See Genezareth (ISR)	10.01.2014

Personal Performances 2016

Pyongyang Marathon (PRK) 2:14:31

Personal Performances 2014

Tiberias Marathon (ISR) 2:11:17
 Gauteng Marathon (RSA) 2:15:05 (Winner)

Personal Performances 2013

North Korea Marathon 2:12 (Winner)
 Siberian Marathon 2:13:23 (Winner)
 Pyongyang, PRK Mangyongdae Marathon 2:13:04 (Winner)

Personal Performances 2012

Siberian Marathon 2:14:59



CURRICULUM VITAE: Asefa Mengstu Negewo



PERSONAL INFORMATION

SURNAME: Negewo
FIRST NAMES: Asefa
COUNTRY: Ethiopia
CLUB: Nedbank Running Club
D.O.B: 18.01.1985

Personal Bests

Distance	Time	Place	Date
10 km	28:41	Arezzo ITA	29 May 2011
Half Mara	1:01:36	Valencia ESP	19 Oct 2014
Marathon	2:08:41	Cape Town RSA	16 Nov 2016
5 km	13:55.92	Yokohama JPN	02 Dec 2012
10 km	28:54.98	Miyoshi JPN	29 Sep 2012

Personal Performances 2016

Port Elizabeth Half Marathon 1:01:36 (3rd)
 OR Thambo Marathon 2:11:12 (1st)
 Cape Town Marathon 2:08:41 (1st)

Personal Performances 2014

Valencia, ESP Half Marathon 1:01:34



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
2015	Om Die Dam 50km	3:01:05 h	2nd
2010	City2City Ultra Marathon	3:06:41 h	7th
2010	Om Die Dam 50km	2:55:48 h	3rd



CURRICULUM VITAE: IRVETTE VAN BLERK/VAN ZYL



PERSONAL INFORMATION

SURNAME: Van Blerk/van Zyl
FIRST NAMES: Irvette
COUNTRY: R.S.A
DATE OF BIRTH: 1987/07/05
ID: 870705 0144 080
CLUB: Nedbank Running Club - CGA

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
1500m	04:17.5	Durban (RSA)	07.03.2003
Mile	04:48.8	Heverlee (BEL)	05.06.2004
3000m	09:11.5	Pretoria (RSA)	08.03.2016
5000m	16:02.6	Stellenbosch (RSA)	15.04.2016
10,000m	34:19.5	Durban (RSA)	17.04.2004
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

Annual Bests 2016

Event	Result	Venue	Date
3000m	09:11.5	Pretoria (RSA)	08.03.2016
5000m	16:02.6	Stellenbosch (RSA)	15.04.2016
10 km Road	33:02:00	Durban (RSA)	17.07.2016
12 km Road	39:40:00	Cape Town (RSA)	15.05.2016
Half Marathon	1:11:00	Port Elizabeth (RSA)	30.07.2016
Marathon	2:32:20	London (GBR)	24.04.2016



CURRICULUM VITAE: Fikile Mbuthuma



PERSONAL INFORMATION

SURNAME: Mbuthuma
FIRST NAMES: Fikile
COUNTRY: R.S.A
DATE OF BIRTH: 23 December 1980
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
Marathon	3:00:55	Pietermaritzburg (RSA)	22.02.2015
50km	3:55:35	Dolphin Coast Striders Ultra	04.09.2011

Comrades Marathon Results

2015 Up, 07:18:41, 15th
 2014 Down, 07:08:26, 12th
 2013 Up, 07:38:53, 16th
 2012 Down, 07:48:14, 27th
 2011 Up, 07:57:24, 34th
 2010 Down, 07:44:00, 29th
 2008 Up, 08:11:34, 27th
 2007 Down, 08:17:37, 50th
 2006 Up, 09:10:15, 171th

Best Performances 2016

Event	Result	Venue	Date
Marathon	3:08:23	East London (RSA)	20.02.2016

Best Performances 2015

Event	Result	Venue	Date
Marathon	3:00:55	Pietermaritzburg (RSA)	22.02.2015



CURRICULUM VITAE: Chelitu Bogale Asefa



PERSONAL INFORMATION

SURNAME: Asefa
FIRST NAMES: Chelitu
DATE OF BIRTH: 24/05/1991
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia

Bests Performances

Date	Event	Result	Position
2016	Cape Town Marathon	2:42:25	7th
2016	Mandela Day Marathon	2:59:40	2nd
2015	Two Oceans Marathon 56km	4:01:40	8th
2015	Mandela Day Marathon	2:59:58	3rd
2015	Soweto Marathon	3:04:00	8th
2014	Two Oceans Marathon 56km	3:56:59	7th
2014	Mandela Day Marathon	2:57:00	2nd
2014	Spar 10 km Port Elizabeth	34:18	7th



CURRICULUM VITAE: Eunice Muchiri



PERSONAL INFORMATION

SURNAME: Eunice
FIRST NAMES: Muchiri
DATE OF BIRTH: 1993
CLUB: Nedbank Running Club
NATIONALITY: Kenya

Personal Bests

Event	Result	Venue	Date
Half Marathon	1:12:54	Bali (INA)	16.06.2013
Marathon	2:46:57	Bloemfontein (RSA)	16.04.2016
Marathon	2:41:48	Johannesburg (RSA)	08.09.2013

PERSONAL PERFORMANCES 2016

Marathon 2:46:57 Bloemfontein (RSA) 16.04.2016 (3rd)



CURRICULUM VITAE: **Gezashign Hunduma Gameda**



PERSONAL INFORMATION

SURNAME: Gameda
FIRST NAMES: Gezashign
DATE OF BIRTH: 1990
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia

Bests Performances

Event	Result	Date
1500 Metres	4:18.90	Barakaldo 14 JUL 2007
5000 Metres	15:56.93	Bilbao (Landako de Durango) 23 JUN 2007
Half Marathon	1:12:41	Den Haag 08 MAR 2015
Marathon	3:02:13	Shanghai 02 NOV 2014

Annual Best

Event	Performance	Place	Position
Marathon	2:44:39	Cape Town	9th



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
Mandela Day Marathon	2:52:28	1st	2016
Mandela Day Marathon	2:51:47	1st	2015



CURRICULUM VITAE: Jennifer Koech



PERSONAL INFORMATION

SURNAME: Koech
FIRST NAMES: Jennifer
DATE OF BIRTH: 16/0/1979
CLUB: Nedbank Running Club
NATIONALITY: Kenya

Personal Bests

Event	Result	Venue	Date
Half Marathon	1:20:36	Alberton (RSA)	03.02.2013
25 km Road	1:45:02	Pretoria (RSA)	05.05.2012
Marathon	2:45:03	Centurion (RSA)	01.05.2013
Marathon	2:38:39	Nelspruit (RSA)	02.11.2013

Best Ultra Performances

Year	Race	Time	Position
2015	Loskop Ultra Marathon 50km	3:26:36	2
2013	City2City Ultra Marathon 50km	3:27:30	1
2013	Loskop Ultra Marathon 50km	3:18:11	1
2013	Two Oceans Marathon 56km	3:52:28	9



CURRICULUM VITAE: **Monica Kativhu**

PERSONAL INFORMATION

SURNAME: Kativhu
FIRST NAMES: Monica
DATE OF BIRTH: 16/04/1980
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe

Personal Bests

Event	Result	Venue	Date
Half Marathon	1:26:03	Bedfordview (RSA)	11.01.2009
Marathon	3:08:21	Victoria Falls (ZIM)	29.06.2014
Marathon	3:05:08	KwaMashu (RSA)	23.09.2012

Comrades Performances

2016 Comrades Down 7:05:06 11th



CURRICULUM VITAE: Emma Muthoni Kiruki

PERSONAL INFORMATION

SURNAME: Kiruki
FIRST NAMES: Emma
DATE OF BIRTH: 04/01/1981
CLUB: Nedbank Running Club
NATIONALITY: Kenya

Personal Bests

Event	Result	Venue	Date
3000m	9:25.39	Pliezhausen (GER)	13.05.2007
10,000m	33:09.83	Heidelberg (GER)	21.04.2007
10 km Road	33:02	Hamburg (GER)	03.09.2006
15 km Road	51:12	Kerzers (SUI)	17.03.2007
Half Marathon	1:11:24	Hannover (GER)	06.05.2007
Marathon	2:29:52	Taiyuan (CHN)	05.09.2010

