

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
 2017, 03:21:50, 16th

Annual Bests 2017

Event	Result	Venue	Date
50km	3:09:30	Om die Dam (RSA)	18.03.2017



CURRICULUM VITAE: Sphiwe Ndlela



PERSONAL INFORMATION

SURNAME: Ndlela
FIRST NAMES: Sphiwe
COUNTRY: R.S.A
DATE OF BIRTH: 9 April 1989
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

2017 Comrades Marathon 6th, 5:45:57
2017 Two Oceans 56km 10th, 3:17:06
2016 Soweto Marathon, 2:27:10
2016 Comrades Marathon 7th, 5:36:56
2016 Chatsworth Freedom Ultramarathon 52 km 3rd, 3:12:08
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: 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
Half Marathon	1:06:58	Port Elizabeth (RSA)	24.06.2017



CURRICULUM VITAE: Jonas Makhele



PERSONAL INFORMATION

SURNAME: Makhele
FIRST NAMES: Jonas
COUNTRY: R.S.A
DOB: 12 October 1981
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
10 km Road	30:36	Port Elizabeth (RSA)	22.04.2017
Half Marathon	1:06:01	Port Elizabeth (RSA)	24.06.2017
Marathon	2:28:16	Durban (RSA)	01.03.2015
Marathon	2:22:48	Port Elizabeth (RSA)	03.07.2016

Running Performance 2017

10 km Road, 30:36, Port Elizabeth (RSA)
 Half Marathon, 1:06:01, Port Elizabeth (RSA)
 Marathon, 2:28:46, Centurion (RSA)

Running Performance 2016

Soweto Marathon 42km, 2:28:21, 10th
 Mandela Day Marathon 42km, 2:30:57, 4th
 Nmbt Nlc City to Town (ep) 21km 1:07:47, 9th
 Diepkloof (cga) 10km 30:08, 1st
 Rainbow (cga) 21km 1:09:20, 4th
 Sasfin Gerald Fox (cga) 21km 1:10:19, 2nd
 Kpmg Randburg Harriers (cga) 10km, 32:02, 3rd
 Township (cga) 42km 2:33:26, 11th



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

Marathon

2016 Soweto Marathon, 2:24:39, 6th
 2017 PetroSA Marathon, 2:23:32, 8th

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
 2017 Up, 05:59:23, 18th

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
 2017, 03:18:35, 11th



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 2017

Event	Result	Venue
15 km Road	47:33	Pretoria (RSA)
Half Marathon	1:09:46	Pretoria (RSA)
Marathon	2:23:32	Ermelo (RSA)

Best performances 2016

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

Two Oceans Marathon

2016, 3:20:52, 11th



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)
 Soweto Marathon (RSA) 2:20:44 (Winner)

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	2:11:06	Cape Town Marathon (RSA)	19.09.2017

Personal Performances 2017

Cape Town Marathon (RSA) 2:11:

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: IRVETTE VAN ZYL



PERSONAL INFORMATION

SURNAME: 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
10 km Road	32:20	Stellenbosch (RSA)	09.08.2014
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 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

PERSONAL PERFORMANCES 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: **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: **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

