



OLD MUTUAL TWO OCEANS MARATHON 2019 MALE ATHLETES - CV'S 56KM



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



CURRICULUM VITAE: EDWARD MOTHIBI



PERSONAL DETAILS

FIRST NAME / SURNAME: Edward Mothibi
DATE OF BIRTH: 10 November 1984
CLUB: Nedbank Running Club AGN
NATIONALITY: South African
EMAIL / CONTACT: [Edward.mothibi@implats.co.za/0145690179/0837815475](mailto:Edward.mothibi@implats.co.za)

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10000m	29:00	P.E- RSA	2010
21km	1:04	P.E -RSA	2010
Marathon	2:24	Soweto RSA	2018

Best Performances 2018

Comrades Marathon: 5:36 4th place
 FNB 10km Joburg: 30:50 9th place
 Soweto Marathon: 2:24 6th place
 Akasia marathon: 2:29 1st place

Best Performances 2017

Two oceans marathon :3:22 17th place
 Mandela Marathon: 2:31 9th place
 Soweto Marathon: 2:25 9th place

Best Performances 2016

S.A 21km champs :1:05
 Jacaranda half marathon :1:06 2nd place
 25km mountain race (Rustenburg)1:31
 Two oceans Marathon 3:41
 Soweto marathon: 2:25 7th place



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CURRICULUM VITAE: Lungile Gongqa



PERSONAL DETAILS

FIRST NAME / SURNAME: Lungile Gongqa
DATE OF BIRTH: 22 February 1979
CLUB: Nedbank Running Club
NATIONALITY: South African
EMAIL / CONTACT / TWITTER: ivysogiba01@gmail.com / 073 720 1255 / @lungile_gongqa

PERSONAL BEST PERFORMANCES

Distance	Time	Area	Date
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
 21km East London 01:06:03
 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



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CURRICULUM VITAE: MTHANDAZO QHINA



PERSONAL DETAILS

FIRST NAME / SURNAME: Mthandazo Qhina
DATE OF BIRTH: 25 September 1977
CLUB: Nedbank Running Club CT (WP)
NATIONALITY: South African
CONTACT / TWITTER: 0722978068 / @Qhinarunner
FACEBOOK: MTHANDAZO QHINA(TAYLOR)

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 km Road	29:53	Cape Town (RSA)	2017
15 km Road	45:27	Eerstrivier (RSA)	2015
Half Marathon	1:05	Mosselbay (RSA)	2017
Marathon	2:17:11	Cape Town (RSA)	2012
Marathon	2:17:43	Cape Town (RSA)	2015

Best Performances 2018

Nantes 10km 30:44
 Hohenort 15km 48:11
 SA Half Marathon Champs (PE) 1:07:00
 Cape Town Marathon (SA Champs) 2:20:32

Best Performances 2017

Mosselbay Bay 21.1km 1:05
 Dublin Marathon 2:25

Best Performances 2016

Cape Town Marathon 2:20

Best Performances 2015

Two Oceans 56km Ultra Marathon 4th

Other Achievements

4 Two Oceans Gold medal.
 Western Province Male Road Runner of the Year (2018) (2015) (2014) (2013) (2012)



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CURRICULUM VITAE: Moeketsi MOSUHLI



PERSONAL DETAILS

FIRST NAME / SURNAME: Moeketsi Mosuhli
DATE OF BIRTH: 05 August 1981
CLUB: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
EMAIL / CONTACT / TWITTER: 078 832 9870

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
1500 Metres	3:47.36	Melbourne (AUS)	24 MAR 2006
3000 Metres	8:26.65	Réduit (MRI)	18 APR 2004
10 Kilometres	28:57	Durban (RSA)	08 FEB 2009
20 Kilometres	1:03:00	George (RSA)	14 OCT 2006
Half Marathon	1:03:41	Phalaborwa (RSA)	25 JUL 2009
Marathon	2:14:03	Durban (RSA)	10 FEB 2008

Two Oceans 56km Performances

2010	03:07:29	2nd
2011	03:09:42	4th
2012	03:13:05	11th
2013	03:10:22	3rd
2015	03:13:45	3rd
2016	03:35:26	34th
2017	03:17:30	11th
2018	03:14:53	8th



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CURRICULUM VITAE: Lebenya NKOKA



PERSONAL DETAILS

FIRST NAME / SURNAME: Lebenya Nkoka
DATE OF BIRTH: 23 November 1986
CLUB: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
EMAIL / CONTACT / TWITTER: lebenyankoka@gmail.com / 078 832 9870

PERSONAL BEST TIMES

Distance	Time	Venue	Year
10 Kilometres	29:44	Roodeport (RSA)	01 OCT 2006
20 Kilometres	1:02:51	George (RSA)	14 OCT 2006
Half Marathon	1:02:33	Port Elizabeth (RSA)	28 JUL 2018
Marathon	2:12:20	Bloemfontein (RSA)	16 APR 2016

Two Oceans 56km Performances

2010	03:27:02	30th
2011	03:25:00	29th
2012	03:14:42	12th
2013	03:13:18	9th
2014	03:09:52	1st
2018	03:10:32	2nd

Best Marathon Performances

2018	2:20:31	Soweto (RSA)
2017	2:19:02	Daegu (KOR)
2016	2:12:20	Bloemfontein (RSA)
2015	2:16:10	Cape Town (RSA)
2013	2:18:44	Johannesburg (RSA)
2012	2:22:57	Soweto (RSA)
2011	2:19:34	Soweto (RSA)
2010	2:19:44	Soweto (RSA)
2009	2:18:45	Johannesburg (RSA)
2008	2:15:10	Cape Town (RSA)
2007	2:16:27	Port Elizabeth (RSA)
2006	2:19:40	Melbourne (AUS)
2005	2:21:32	Soweto (RSA)



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CURRICULUM VITAE: **Kebede Aberra Dinke**



PERSONAL DETAILS

FIRST NAME / SURNAME: Kebede Aberra Dinke
DATE OF BIRTH: 13 December 1987
CLUB: Nedbank Running Club Ethiopia
NATIONALITY: Ethiopia
EMAIL / CONTACT / TWITTER: thomassw2002@yahoo.com / 061 677 2018

PERSONAL BEST PERFORMANCES

Personal Performances 2017
 1st Run4Cancer 48Km 2:52:49
 3rd Mandela Day Marathon 2:28:44
 2nd Heroes Marathon 2:26:22
 6th Two Oceans 56km 3:14:19

Personal Performances 2016
 9th Two Oceans 56km 3:19:51



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CURRICULUM VITAE: Sintayehu Legese Yinesu



PERSONAL DETAILS

FIRST NAME / SURNAME: Sintayehu Legese Yinesu
DATE OF BIRTH: 11 December 1990
CLUB: Nedbank Running Club Ethiopia
NATIONALITY: Ethiopia
EMAIL / CONTACT / TWITTER: thomassw2002@yahoo.com / 061 677 2018

PERSONAL BEST TIMES

Distance	Time	Venue	Year
Half Marathon	1:02:59	Granollers (ESP)	01 FEB 2015
Marathon	2:11:07	Paris (FRA)	12 APR 2015

Personal Performances 2018
 Soweto Marathon (RSA) 2:19:10 (1st)
 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)



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Name Melly Kennedy Kiptoo

Gender Male

Date of Birth 31 December 1981

Nationality Kenya

Results: **Winner Ethkwani Marathon Durban 2016,2015**
Petro SA Marathon, 5th and 4th
All in Africa 56km 1st – 3H08
Vaal Marathon 2018 – 1st
Mandela Marathon 2016 3rd and 2017 4th



Comments: Melly has been coming to South Africa since 2012 to race and apply his trade. He has learned how to run in South Africa and has adapted to the conditions very well. Notching up wins at some incredibly tough events such as Ethkwani Township to Township Marathon twice.

Qualified last year for 2 Oceans with a 2H18 at Kilimanjaro Marathon where he was 7th position and finished two oceans in 4th which is one better than 2017 where he was 5th. Melly was the fastest qualifier on the start line of the 2018 event. Having 2 top 10 finishes in the 56km race Melly has been able to adjust his programme to have an all out effort at the top podium position in 2019. An extremely disciplined athlete who is hungry for success at the Ultra Distance.

Melly lives in Kapsabet but does the majority of his training in Ngong.

Contact: Craig Fry Management
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 IAAF Authorised Athlete Representative



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Name Justin Chesire Kemboi

Gender Male

Nationality Kenya

Results:

- 2018 Two Oceans Winner**
- 2018 4th Mandela Marathon**
- 2018 5th Soweto Marathon**

Comments: Before the 2018 Two Oceans Marathon Justin had not competed outside of Kenya as well has not competed to assess his own ability as an athlete. For the past 5 years he has be responsible for being the main pace man for some of the biggest names in Ladies Marathon running on the World stage. Coming into the 56km event in 2018 he was an unknown quantity as well as had very little or no experience at running at the front end of the field of the men’s race. Training methods in 2018 were very simple, 2 long runs of 50km and 48km 6 weeks out and then pretty much the standard Kenya Marathon programme. Speed work sessions of around 17km once or at times twice a week.



Justin returned to Mandela marathon which he found tough going and finished in 4th albeit a very strong finish as he left his charge very late in the race.

Justin is in the mould of a Stephen Muzhingi where he does not over think the race he simply gets out there and does the job. Since winning the 2018 edition of 2 Oceans he has had time to discuss training methods with the coach and has adjusted some sessions in order to assist him to go faster in 2019.

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Name Abraham Kiptotich

Alias: "Mr Deague"

Gender Male

Nationality French

Results: **2018 Lagos Nigeria winner 2H11**
2018 Istanbul Turkey 2nd 2H10:55
2017 Istanbul Turkey 2H11:22



Comments: Abraham although born Kenyan runs as a French National. He has run some of the biggest races on the world stage and has a good set of results to show for his efforts. Abraham trains in Kapsabet Kenya. He doesn't train with the typical methods of the general Kenyan athlete as he prefers to do his own programmes and do most of his training on his own.

It has been a couple of years in the making that Abraham will participate at Two Oceans as we have had to juggle his schedules around but decided that 2019 is the year to give the 56km a go. He certainly has the leg speed and the experience of winning big races around the globe.

2019 he has focused his training specifically for the 56km course and working hard in the speed endurance to maintain a high pace for the entire 56km.

IAAF Status: **2019 Gold Label Classification, Ranked #51 as of January 2019**

Web Links: www.iaaf.org/athletes/france/abraham-kiptotich-242173

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Name Amos Maiyo Maindi

Gender Male

Date Of Birth 1982

Nationality Kenya

Personal Best 2H14 Cape Town 2011

Web Links <https://more.arrs.run/runner/27214>

Results

- 2011 Winner Cape Town marathon
- 2012 Two Oceans Half Marathon 12th
- 2013 Jaipur India, Half marathon 63:02 2nd
- 2013 Zheng Kai Marathon China, 5th 2H17
- 2014 Hong Kong 18th 2H17
- 2014 Pune Marathon India 1st 2H18
- 2015 Dalian Marathon China, 10th 2H16
- 2015 Pune Marathon India, 2nd 2H21
- 2016 Sri Lanka Marathon 2nd
- 2017 Sri Lanka Marathon 3rd

His step up to the 56km distance in 2019 will be interesting as he has no fear of distance as he has a heavy work load in training. Amos lives in Kapsabet Kenya, and is an experienced racer who can adapt to most situations.

2012 Amos had his first taste at an Ultra Marathon where he did a pace job at Comrades up to 50km.

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Name Jesse Gichuhi
Gender Male
Date Of Birth 8 January 1983
Nationality Kenya
Personal Best **2H19 2018**

Web Links <http://admin.twooceansmarathon.org.za/resultsoverall.aspx>
www.iaaf.org/athletes/kenya/jesse-njoroge-gichuhi-014429893

2018 Results **10th Two Oceans 56km 2018**
13th Two Oceans 56km 2016

Comments: Is learning fast how to run an Ultra Marathon. Jesse sacrificed his two oceans in 2018 to be the pace man for Justin Chesire (Winner) in that he did the hard work upfront up to marathon mark. Closing down any attempts at breakaways or simply surging when required. A great team man who in 2019 will be a handful as he will run to compete for line honours in 2019. Being a short man at only 5 foot 6 inches he has incredible power which would certainly help him up the long climbs of Chapmans Peak and Constantia Nek.

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Shawn Benjamin
www.arkimages.com

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CURRICULUM VITAE: GERDA STEYN



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Gerda Steyn
COUNTRY: R.S.A
DATE OF BIRTH: 1990/03/03
CLUB: Nedbank Running Club
EMAIL / CONTACT / TWITTER: gerda.run@gmail.com / 072 656 3030 / @gerdarun

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
5 kilometers	16:30	Durban	14 Oct 2018
10 kilometers	33:36	Durban	14 Oct 2018
Marathon	2:31:04	New York	9 Nov 2018
Two Oceans 56km	3:39:32	Cape Town	31 Mar 2018
Comrades Marathon	6:15:34	Durban	10 Jun 2018

PERSONAL PERFORMANCES 2018

Two Oceans 56km	3:39:32	1st Place
Comrades Marathon	6:15:34	2nd Place
New York Marathon	2:31:04	13th Place
SC Dubai 10km	34:30	1st Place
Middlesbrough 10km	33:58	1st Place
Spar Ladies race -Jhb		2nd Place
FNB 10km - Jhb		3rd Place

PERSONAL PERFORMANCES 2017

Comrades Marathon	6:45:45	4th Place
Valencia Marathon	2:37:22	13th Place
Great North Run 21km	1:17:26	



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CURRICULUM VITAE: IRVETTE VAN ZYL



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Irvette van Zyl
COUNTRY: R.S.A
DATE OF BIRTH: 1987/07/05
CLUB: Nedbank Running Club
EMAIL / CONTACT / TWITTER: irvievanblerk@gmail.com / 083 396 4208 / @irv87

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
10 km Road	32:20:00	Stellenbosch (RSA)	09.08.2014
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

Event	Position	Time
Soweto Marathon	1	02:33:43
Pretoria 10 km	2	35:02
Bellville Spar Grand Prix Series	3	35:07
Pretoria Spar Grand Prix Series	4	34:56
Pietermaritzburg Spar Grand Prix Series	1	34:26
Cape Town 10 km	1	32:48
Johannesburg 10 km	1	33:52
Johannesburg SPAR Grand Prix Series	1	34:07
Durban 10 km	3	32:06



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CURRICULUM VITAE: DEANNE HORN



PERSONAL DETAILS

FIRST NAME / SURNAME: Deanne Horn
DATE OF BIRTH: 26 Junie 1988
CLUB: Nedbank Running Club AGN
NATIONALITY: South African
EMAIL / CONTACT / TWITTER: horndeanne@gmail.com / 082 683 4034 / @HornDeanne_

PERSONAL BEST TIMES

Distance Time Venue Year
 10 km Road 38:55 Pretoria (RSA) 2018
 Half Marathon 1:25:42 Knysna (RSA) 2018
 Marathon 3:01:43 Klerksdorp (NW) 2018
 100km ultra 8:18:00 Sveti Martin (Croatia) 2018

Best Performances 2018

Comrades Marathon 7:06, 15th
 Two Oceans Ultra 4:06, 16th
 100km World Championships Croatia 8:18
 21.1Km Knysna 1:25, New course record, 1st
 Oxpecker Trail run 32km , 2 day stage race, course record 2:39, 1st
 Klerksdorp marathon 3:01, 1st

Other Achievements

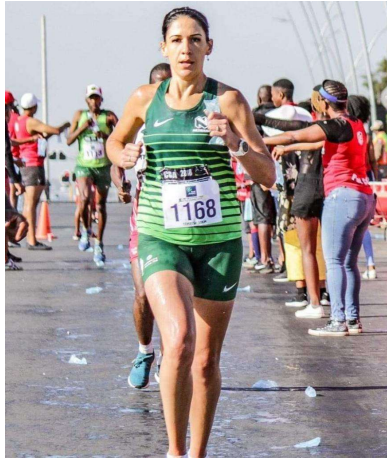
100km World Championships – Croatia – 2018



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CURRICULUM VITAE: CHRIZELL ROBERTS



PERSONAL DETAILS

FIRST NAME / SURNAME: Chrizell Roberts
DATE OF BIRTH: 20 May 1987
CLUB: Nedbank Running Club CGA
NATIONALITY: South African
EMAIL/ INSTAGRAM/ TWITTER: christina.e.roberts@gmail.com / @chrizellroberts / @chrizell_e

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Year</u>
10 km Road	39:35	2018
Half Marathon	1:31:24	2018
32 km Road	2:30:07	2018
Marathon	3:19:50	2018
48 km Road	3:50:28	2018

Best Performances 2018

Clearwater Mall 10 km, 41:01, 1st
 Fred Morrison, 10 km, 39:41, 2nd
 Goldi Half Marathon, 1:31:24, 2nd
 Pirates, 10 km, 40:30, 2nd
 Modern Athlete Irene, 48 km, 3rd
 Sasol Secunda, 10 km, 39:54, 1st



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CURRICULUM VITAE: Mamorallo Tjoka



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Mamorallo Tjoka
DATE OF BIRTH: 25 October 1984
CLUB: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
CONTACT / EMAIL:

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	1:10:46	Port Elizabeth (RSA)	28 JUL 2018
Marathon	2:38:26	Johannesburg (RSA)	07 SEP 2014

BEST PERFORMANCES 2018

SA 21km Championships 01:10:46
 FNB Johannesburg CityRun 10km 35:39
 Soweto Marathon 2nd, time: 02:37:12

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



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CURRICULUM VITAE: Selam Abere Alebachew



PERSONAL DETAILS

FIRST NAME / SURNAME: Selam Abere Alebachew
DATE OF BIRTH: 18 January 1989
CLUB: Nedbank Running Club Ethiopia
NATIONALITY: Ethiopia
EMAIL / CONTACT: thomassw2002@yahoo.com / 061 677 2018

PERSONAL BEST TIMES

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
SA Half Marathon (PE)	1:15:58	12 th	2018
Mandela Day Marathon	2:53:22	2 nd	2018
Two Oceans	3:59:24	9 th	2018
Soweto Marathon	2:46:33	3 rd	2017
Mandela Day Marathon	2:49:02	2 nd	2017
Mandela Day Marathon	2:52:28	1 st	2016
Mandela Day Marathon	2:51:47	1 st	2015
Marathon	2:36:08		2014
Half Marathon	1:12:16		2013
Hero's Marathon winner		1 st	2013



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CURRICULUM VITAE: **Dominika Stelmach**



PERSONAL INFORMATION

SURNAME: Stelmach
FIRST NAMES: Dominika
COUNTRY: Poland
DATE OF BIRTH: 1982
CLUB: Nedbank International

Personal Bests

DISCIPLINE	PERFORMANCE	PLACE	DATE
10 Kilometres	35:10	Poznan (POL)	2016
Half Marathon	1:15:17	Warszawa (POL)	2017
Marathon	2:37:09	Seoul (KOR)	2018
100km	8:01:30	Poland	2016

Highlights:

- 1ST -50KM CHINA, FUXIAN
- 1ST -ECO TRAIL DE PARIS
- 2ND -TWO OCEANS MARATHON, 56KM, RSA 2018
- 2ND -REDBULL SKY RACE 30KM, NEW ZELAND 2018
- 2ND -EIFFEL TOWER RUN 2017
- 3RD -EINDHOVEN MARATHON 2016
- 5TH -ROMA MARATHON 2016
- 6TH -EUROPEAN TOWERRUNNING CHAMPIONSHIPS 2016

Wings for Life World Run

- 2015 – WINNER IN POLAND, 42KM
- 2016 – WINNER IN AUSTRALIA, 55KM
- 2017 – WINNER IN CHILE, 68KM (GLOBAL RECORD HOLDER)



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CURRICULUM VITAE: Larissa Tichon



PERSONAL INFORMATION

NAME / SURNAME: Larissa Tichon
COUNTRY: Australia
DATE OF BIRTH: 28 February 1990
CLUB: Nedbank International

Best performances 2018

50km 3:39:37 Changan Ford Ultra Challenge 50km (CHN) 4th
100km 9:14:08 Self-Transcendence 100 km Road Race, Christchurch (NZL) 1st
50km 4:00:09 Canberra 50km Ultramarathon (AUS) 1st

Best performances 2017

100km 8:54:27 Self-Transcendence 100 km Road Race, Christchurch (NZL) 2nd
50km 3:53:05 Canberra 50km Ultramarathon (AUS) 4th



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CURRICULUM VITAE: Juan van Deventer



PERSONAL DETAILS

FIRST NAME / SURNAME:

Juan van Deventer

DATE OF BIRTH:

26 March 1983

CLUB:

Nedbank Running Club AGN

NATIONALITY:

South African

EMAIL / CONTACT / TWITTER:

vandeventer.juan@gmail.com / 083 251 1730 / @juanvandeventer

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
800 Metres	1:47.44	Potchefstroom (RSA)	31 JAN 2003
1000 Metres	2:19.38	Roodeport (RSA)	28 MAR 2003
1500 Metres	3:34.30	New York, NY (USA)	30 MAY 2009
One Mile	3:51.31	Oslo (NOR)	06 JUN 2008
3000 Metres	7:41.06	Stockholm (SWE)	22 JUL 2008
5000 Metres	13:22.64	Stockholm (SWE)	06 AUG 2010
10,000 Metres	28:55.37	Stellenbosch (RSA)	03 APR 2009
10 Kilometres	29:02	Durban (RSA)	08 FEB 2009
15 Kilometres	45:21	Germiston (RSA)	07 APR 2013
Half Marathon	1:06:08	Cape Town (RSA)	30 MAR 2013



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CURRICULUM VITAE: David Manja



PERSONAL INFORMATION

FIRST NAMES / SURNAME: David Manja
COUNTRY: R.S. A
DATE OF BIRTH: 1991/06/08
CLUB: Nedbank Running Club
EMAIL / CONTACT / TWITTER: davidmanja1991@gmail.com / 078 305 7895 / @DavidManja1

Personal Bests

Event	Result	Venue	Date
10 Kilometres	28:23:00	Casablanca (MAR)	29-May-16
12 Kilometres	34:10:00	Cape Town (RSA)	21-May-17
Half Marathon	1:02:15	Port Elizabeth (RSA)	30-Jul-16
Marathon	2:13:33	Dublin (IRL)	28-Oct-18

PERSONAL PERFORMANCES 2018

Event	Results	Venue	Date
10 Kilometres	28:41	Port Elizabeth (RSA)	07-Apr-18
12 Kilometres	35:26	Cape Town (RSA)	20-May-18
Half Marathon	1:03:01	Port Elizabeth (RSA)	28-Jul-18
Marathon	2:13:33	Dublin (IRL)	28-Oct-18

PERSONAL PERFORMANCES 2017

Event	Results	Venue	Date
10 km	29:24	Mbombela (RSA)	04.11.2017
12 km	34:10	Cape Town (RSA)	21.05.2017
Half Marathon	1:04:36	Cape Town (RSA)	08.10.2017



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CURRICULUM VITAE: JOEL MMONE



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Joel Mmone
COUNTRY: R.S. A
DATE OF BIRTH: 1991/03/29
CLUB: Nedbank Running Club
CONTACT / EMAIL / TWITTER: 082 950 8746 / joelmohau@gmail.com / @joel_87050

PERSONAL BEST PERFORMANCES

DISCIPLINE	PERFORMANCE	PLACE	DATE
10 Kilometres	28:23	Casablanca (MAR)	29 MAY 2016
12 Kilometres	34:35	Cape Town (RSA)	20 MAY 2018
Half Marathon	1:02:29	Port Elizabeth (RSA)	28 JUL 2018

PERSONAL PERFORMANCES 2017

- 2 Johnson Crane (cga) 10km 29:58
- 3 F21 Foskor (lima) 21km 1:03:53
- 7 Fnb Cape Town One Run (wp) 12km 34:56

PERSONAL PERFORMANCES 2015

- 3 Two Oceans 21km 01:04:09
- 3 Eastern Limb Executive Mayor (lima) 21km 01:04:34
- 2 Tembisa (cga) 10km 00:30:30
- 1 Nwn Outsurance Kfm Gun Run (wp) 21km 01:02:31
- 8 Fnb Cape Town 12 Onerun (wp) 12km 00:35:36
- 1 Mafikeng (nw) 21km 01:07:24
- 4 Ottosdal Draf En Stap (cnw) 21km 01:12:25

PERSONAL PERFORMANCES 2018

- 1 Gaborone Half Marathon 1:03:29
- 10 Johannesburg 10km 30:58
- 10 Cape Town 12km 34:35
- 9 Port Elizabeth Half Marathon 1:02:29

PERSONAL PERFORMANCES 2016

- 8 Sasol Sasolburg (fs) 10km 00:29:54
- 1 Ottosdal (cwn) 10km 00:31:26
- 4 Two Oceans 21km 01:03:55
- 4 Foskor (lima) 21km 1:06:44
- 10 Nelson Mandela Bay Asa Champs (ep) 21km 1:03:16
- 9 Fnb Cape Town One Run (wp) 12km 34:58
- 8 Sasol Sasolburg (fs) 10km 29:54



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CURRICULUM VITAE: Phillimon Mathiba



PERSONAL DETAILS

FIRST NAME / SURNAME: Phillimon Mathiba
DATE OF BIRTH: 2 May 1992
CLUB: Nedbank Running Club CGA
NATIONALITY: South African
EMAIL / CONTACT / TWITTER: phillimonmathiba@gmail.com / 062 630 0922 / @Phillim90319981

PERSONAL BEST TIMES

Event	Result	Venue	Date
10 km Road	30:15	Sasolburg (RSA)	06.02.2016
Half Marathon	1:02:40	Port Elizabeth (RSA)	30.07.2016
Marathon	2:18:24	Dublin (IRL)	28.11.2017

PERSONAL PERFORMANCES 2018

1500m Germiston 1st, 3:55.99
 5000m Germiston Central Gauteng Ch. 4th, 14:57.96
 5000m Pretoria South African Ch. 18th, 15:10.16
 10,000m Germiston 5th, 9:50.7h

PERSONAL PERFORMANCES 2017

Durban 10,000m, 29:33.50
 Bedfordview Half Marathon 1:08:56
 Potchefstroom (RSA) 5000m 14:31.42
 Cape Town (RSA) 12 km Road 36:14
 ASA 21km Championships (ep) 1:04:36
 Dublin Marathon (Ireland) 2:18:24 (8th)

PERSONAL PERFORMANCES 2016

4th Johnson Crane (cga) 10km, 30:07
 3rd Outsurance Gun Run (wp) 21km, 1:06:18
 3rd Foskor (lima) 21km, 1:05:39
 9th Nelson Mandela Bay Asa Champs (ep) 21km, 1:02:40
 2nd Northgate (cga) 10km, 31:56
 3rd Miway Wally Hayward (agn) 10km, 32:09
 4th Mayoral Race Polokwane (lima) 10km, 33:09



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CURRICULUM VITAE: Namakoe Nkhasi



PERSONAL DETAILS

FIRST NAME / SURNAME: Nkhasi Namakoe
DATE OF BIRTH: 10 January 1993
GENDER: Male
GENDER: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
CONTACT: 076 883 5759

Personal Best Times

Event	Result	Venue	Date
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 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 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 2015

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



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CURRICULUM VITAE: **Mothimokholo Hatasi**

PERSONAL DETAILS

FIRST NAME / SURNAME: Mothimokholo Hatasi
DATE OF BIRTH: 02 February 1994
CLUB: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
EMAIL / CONTACT / TWITTER: goodmanthaba@gmail.com / 078 832 9870

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
5000 Metres	14:28.09	Potchefstroom (RSA)	09 MAY 2015
10,000 Metres	29:58.18	Potchefstroom (RSA)	08 MAY 2015
10 Kilometres	29:38	Durban (RSA)	14 OCT 2018
12 Kilometres	35:50	Cape Town (RSA)	20 MAY 2018
Half Marathon	1:03:58	Port Elizabeth (RSA)	28 JUL 2018
Marathon	2:26:19	Cape Town (RSA)	17 SEP 2017

Best Performances 2018

10 Kilometres	29:38	Durban (RSA)
12 Kilometres	35:50	Cape Town (RSA)
Half Marathon	1:03:58	Port Elizabeth (RSA)

Two Oceans

2018 Half Marathon 01:04:44, 5th



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Profile of Ipeleng Psymon Khunou

Ipeleng “The Crutch Runner” Khunou is a South African making history as the first runner on crutches.

Born in Soweto, at Chris Hani Baragwanath Hospital in 1986 with a rare brain deformity called Septo-Optic Dysplasia, he was essentially born without balance and his eyesight was also affected.

Being the last born of his family, Ipeleng remembers the early memories living in Rustenburg with his mom, Violet and brother, Joy. He spent most of his years in boarding school until he matriculated at Meerhoof School. Due to lack of funds, he never finished his Marketing Diploma and stayed at home and started freelancing and working for a couple of Non-Profit Organizations.

A few years ago, Ipeleng found himself weighing 120 kg’s, although he had two gym memberships he hardly used. Being overweight and called derogatory terms, one day he decided to go jogging at 4am to avoid being seen by people on the road, and since that day he hasn’t looked back.

Ipeleng “crazy legs “as his affectionately known to his peers aspires to be a humanitarian and a philanthropist through running as his currently the only runner on crutches. He wants to use his profile to further raise disability awareness and hopes to encourage others as well.



Current Highlights

- Raising funds for Casual day since 2006
- 2000 - Bronze medal at the National championships for people living with disability
- 2004 - 4th place - Ran without crutches in a new classification (previous year it was the wheelchair athlete) against world record hold Tebogo Mogalagadi the 100m, 200m respectively
- 2017 - Hartbeespoort; Om die Dam 10km (1:47)
- 2017 - Zwartkops; Wally Hayward 21km (3:40)
- 2017 - Durban; Youth run 10km (1:39)
- 2017 - Zwartkops; Spar ladies 10km (1:28)
- 2017 - Soweto Marathon 21km (3:19)
- 2018 - Klerksdorp marathon 10km (1:32)
- 2018 - Cape Town; Two Oceans marathon 21km (3:15) - Fundraising for the Nelson Mandela Children's Fund
- 2018 - Ocal Global Journey for Change, charity run to raise disability awareness for Children living with disabilities in the Northern Cape province -10 runners running relay race from Centurion - Cape Town, relay race over 10 days we covered 2200km of which I ran 157km
- 2018 - FNB Cape Town OneRun my City series 12km (1:36) - Fundraising for Children living with disabilities in the Northern Cape
- 2018 - London; Virgin sports British 10km (1:14) "person best" - Fundraising for the Nelson Mandela Children's Fund UK as part of the Centenary year of Nelson Mandela
- 2018 - PPC Riebeeck Bergmarathon 10km (1:23)
- 2018 - Support Adaptive Sports Athlete of the month of September 2018
- 2018 - Kronberg marathon 15km (2:12)
- 2018 - Mandela Remembrance race 10km (1:23)



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OLD MUTUAL TWO OCEANS MARATHON 2019 FEMALE ATHLETES - CV'S 21KM



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CURRICULUM VITAE: ANNIE BOTHMA



PERSONAL DETAILS

FIRST NAME / SURNAME: Annie Bothma
DATE OF BIRTH: 26 December 1995
CLUB: Nedbank Running Club WPA
NATIONALITY: South African
EMAIL / CONTACT: bothmaannie1@gmail.com / 0614986390
TWITTER/ INSTAGRAM: @annie_bothma / @anniebothma

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 km Road	34:39	Cape Town (RSA)	2015
15 km Road	54:40	Cape Town (RSA)	2014
Half Marathon	1:15:13	Stellenbosch (RSA)	2018
Marathon	-		

Best Performances 2018

Sunbelt Conference Indoor-Track 5000m Champion (USA) – 17:04
 Winner of the Cape Town Totalsports Women’s Race 10K (RSA) – 35:20
 Second place at the Gun Run 21K (RSA) – 1:15:35
 Winner of the Winelands Half Marathon with a new course record and personal best time of 1:15:13 (RSA)

Best Performances 2017

Sunbelt Conference Indoor-Track 5000m Champion (USA) – 16:25
 Sunbelt Conference Outdoor-Track 10 000m Champion (USA) – 34:10
 NCCA East Regional Outdoor-Track 10 000m Champion (USA) – 33:37
 NCCA All-American (Top 20) at the National Championships in Eugene (USA)

Best Performances 2016

Sunbelt Conference Cross Country Champion in the Women’s 5K Race. (USA)
 NCCA Southeast Regional Cross Country Champion in the Women’s 6K Race. (USA)

Best Performances 2015

Two Oceans Half Marathon Gold Medal (Top 10 woman) 9th Overall, Second WPA runner
 Winner of the Safari Half Marathon
 Second at the ASA Cross Country Trails



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CURRICULUM VITAE: Tanith Maxwell



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Tanith Maxwell
DATE OF BIRTH: 2 June 1976
CLUB: Nedbank Running Club
NATIONALITY: South African
EMAIL / CONTACT / TWITTER: t.foxmax@gmail.com / 081 747 8553 / @tanithmaxwell

Personal Bests

Event	Result	Venue	Date
10 Kilometres	34:01:00	Durban (RSA)	26-Jul-09
10 Miles Road	58:58:00	Portsmouth (GBR)	25-Oct-09
20 Kilometres	1:13:25	East London (RSA)	02-Jul-06
Half Marathon	1:13:22	Port Elizabeth (RSA)	24-Jul-10
25 Kilometres	1:32:21	Berlin (GER)	05-May-13
30 Kilometres	1:56:32	Cape Town (RSA)	04-Jan-15
Marathon	2:32:33	Berlin (GER)	26-Sep-10

Comrades Marathon Results

2018 Down, 06:20:35, 4th

Two Oceans Marathon Results

2003	Half	1:19:39	4 th
2004	Half	1:18:06	3 rd
2005	Half	1:21:01	6 th
2010	Half	1:16:19	4 th
2015	Ultra	3:45:19	3 rd
2016	Ultra	3:45:55	2 nd
2017	Ultra	3:55:37	3 rd
2018	Ultra	3:49:49	4 th



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CURRICULUM VITAE: Neheng KHATALA



PERSONAL INFORMATION

SURNAME: Neheng
FIRST NAMES: KHATALA
DATE OF BIRTH: 2 Jul 1992
CLUB: Nedbank Running Club
NATIONALITY: Lesotho

PERSONAL BEST

Event	Result	Venue	Date
800 Metres	2:16.1h	Maputo (MOZ)	2011
1500 Metres	4:37.34	Maputo (MOZ)	2010
Marathon	2:41:43	Cape Town (RSA)	2017

PERFORMANCES 2018

Gold Coast Commonwealth Games 2:51:04, 13th
 SA Half Marathon Champs (EPA) 1:12:42, 4th

PERFORMANCES 2017

Cape Town Marathon 2:41:43, 10th



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CURRICULUM VITAE: Rutendo Nyahora



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Rutendo Nyahora
DATE OF BIRTH: 11/11/1988
CLUB: Nedbank Running Club Zimbabwe
NATIONALITY: Zimbabwe
CONTACT / EMAIL / TWITTER: 071 085 0396 / rutendonyahora@gmail.com / @tendonyahora

PERSONAL BEST

Event	Result	Venue	Date
10 km Road	32:55	Cape Town (RSA)	15.04.2012
12 km Road	40:16	Cape Town (RSA)	17.05.2015
15 km Road	53:41	Pretoria (RSA)	15.08.2015
Half Marathon	1:14:56	Zwolle (NED)	09.06.2012
Marathon	2:39:58	Wien (AUT)	10.04.2016

PERSONAL PERFORMANCES 2018

- 5 Durban Spar Grand Prix Series 34:07
- 2 Pretoria Spar Grand Prix Series 34:24
- 3 Pietermaritzburg Spar Grand Prix Series 34:56
- 2 Cape Town 10 km 33:54
- 7 Johannesburg SPAR Grand Prix Series 36:56
- 1 Cape Town Gun Run 10 km 34:01
- 4 Howick Mandela Half Marathon 1:20:01

PERSONAL PERFORMANCES 2017

- 2 Deloitte Pretoria (agn) 10km 36:46
- 1 Spar Irene Lantern (agn) 10km 36:24

PERSONAL PERFORMANCES 2016

- 1 Mccarthy Toyota (agn) 21km 1:17:19
- 5 Spar Ladies (ep) 10km 34:55



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CURRICULUM VITAE: Rudo Mhonderwa



PERSONAL DETAILS

FIRST NAME / SURNAME: Rudo Mhonderwa
DATE OF BIRTH: 9 Sep 1995
CLUB: Nedbank Running Club Zimbabwe
NATIONALITY: Zimbabwe
EMAIL / CONTACT / TWITTER: tabithatsatsa@gmail.com / 062 630 0922

PERSONAL BEST TIMES

Event	Result	Venue	Date
10 Kilometres	33:53	Durban (RSA)	24 JUN 2018
12 Kilometres	42:02	Cape Town (RSA)	20 MAY 2018
Half Marathon	1:14:41	Port Elizabeth (RSA)	28 JUL 2018

PERSONAL PERFORMANCES 2018

4th Cape Town Spar Grand Prix Series 35:18
 5th Port Elizabeth Freedom Run 10K 36:23
 4th Port Elizabeth Spar Grand Prix Series 34:21
 4th Durban Spar Grand Prix Series 33:53
 8th Cape Town 12 km 42:02

PERSONAL PERFORMANCES 2017

Johnson Crane 21km, 1:18:35, 2nd
 Deloitte 10km, 35:57, 1st
 Harry Gwala 21km, 1:15:22, 3rd

PERSONAL PERFORMANCES 2016

Mandela Day 10km, 35:15
 Victoria Falls 21km. (Zim), 1:21:55 2nd



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