



**COMRADES MARATHON  
2026  
Nedbank Running Club Male – PROFILES**





**CURRICULUM VITAE: George Kusche**

**PERSONAL DETAILS**

**NAME & SURNAME:** George Kusche  
**DATE OF BIRTH:** 6 August 1998  
**CLUB:** Nedbank Running Club  
**GENDER:** Male  
**NATIONALITY:** South African

**Personal Best Times**

Event	Result	Venue	Date
Mile	3:57.74	Geneva (USA)	2021
5000m	13:28.95	Boston (USA)	2021
10km	28:56	Gqeberha (RSA)	2024
Half Marathon	1:04:11	Cape Town (RSA)	2026
Marathon	2:13:09	Cape Town (RSA)	2026
Comrades	5:41:23	Durban (RSA)	2025

**Best Performances 2026**

Peninsula Marathon, 2:13:09, 1<sup>st</sup>  
 Biogen Half Marathon 21.1 km, 1:05:32, 1<sup>st</sup>  
 Two Oceans Half Marathon, 1:04:11, 4<sup>th</sup>

**Best Performances 2025**

Biogen Half Marathon, 1:08:00  
 Comrades Marathon, 5:41:23, 12<sup>th</sup>  
 Soweto Marathon, 2:20:47, 4<sup>th</sup>  
 Tom Jenkins Challenge 21.1 km, 1:11:26, 1<sup>st</sup>

**Best Performances 2024**

Cape Town Marathon, 2:20:12  
 ABSA RYC 10km Port Elizabeth, 28:56  
 Nelson Mandela Bay Half Marathon, 1:04:53



# NEDBANK RUNNING CLUB



## CURRICULUM VITAE: Lucky Mohale

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Lucky Mohale  
**DATE OF BIRTH:** 21 August 1985  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South African

### PERSONAL BEST TIMES

<u>Distance</u>	<u>Year</u>	<u>Venue</u>	<u>Time</u>
Half Marathon	Cape Town (RSA)	2012	1:01:08
Marathon	Casablanca (MAR)	2010	2:13:35
10km	Paarl (RSA)	2010	28:31
15km	Pretoria (RSA)	2015	44:56
25km	Pretoria (RSA)	2013	1:18:45

### Best Performances 2025

Johnson Crane Hire Half Marathon, 1:07:27, 2<sup>nd</sup>  
Two Oceans 56km, 3:11:27, 3<sup>rd</sup>  
Diamonds and Dorings Kimberley Bighole Marathon, 2:17:19

### Best Performances 2024

Mpumalanga Marathon, 2:20:25, 2<sup>nd</sup>  
ABSA RYC 10km Tshwane, 29:39, 7<sup>th</sup>  
Foskor Half Marathon, 1:04:29, 1<sup>st</sup>

### Best Performances 2023

Cape Twn Marathon, 2:17:14, 18<sup>th</sup>

### Best Performances 2022

ABSA RYC Durban 10k, Durban, 29:17  
Nelson Mandela Bay Half Marathon, Gqeberha, 1:03:43



# NEDBANK RUNNING CLUB



## CURRICULUM VITAE: Sithembiso Mqhele

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Sithembiso Mqhele  
**DATE OF BIRTH:** 18 February 1991  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South African

### PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
5000m	15:19.17	Stellenbosch (RSA)	2021
10km	31:13	Cape Town (RSA)	2022
12km	39:35	Cape Town (RSA)	2021
Marathon	2:18:33	Cape Town (RSA)	2021
50km	2:51:25	Eastern Province (RSA)	2024
Comrades	5:57:44	Durban (RSA)	2024

### Best Performances 2026

Peninsula Marathon, 2:21:30, 2<sup>nd</sup>  
 Two Oceans Marathon 56km, 3:20:25  
 Balwin Peninsula Marathon, 2:19:31, 2<sup>nd</sup>

### Best Performances 2025

Two Oceans Marathon 56km, 3:14:13, 9<sup>th</sup>  
 Peninsula Marathon, 2:22:00, 1<sup>st</sup>

### Best Performances 2024

Runified 50km, 2:51:25, 4<sup>th</sup>  
 Comrades Marathon - Up Run (RSA) 86km, 5:57:44  
 1 City Marathon, 2:21:20, 4<sup>th</sup>

### Best Performances 2023

Durban International Marathon, Durban, RSA, 2:25:34  
 Bay to Bay 30km, 1:36:34, 2<sup>nd</sup>  
 Two Oceans 56km, 3:14, 9<sup>th</sup>

### Best Performances 2022

ABSA Run Your City 10km, Cape Town, RSA, 31:13  
 OUTsurance Gun Run, Cape Town, RSA, 1:09:18  
 Cape Peninsula Marathon, Cape Town, RSA, 2:22:00, 1<sup>st</sup>  
 Two Oceans 56km, 3:14, 7<sup>th</sup>

### Best Performances 2021

WPA Track & Field Championship 5000m, Cape Town, RSA, 15:25.11, 9<sup>th</sup>  
 Invitational Middle Distance Track Series 5000m, Stellenbosch, RSA, 15:19.17, 2<sup>nd</sup>  
 Cape Town 12K CITYRUN, Cape Town, RSA, 39:35  
 Sanlam Cape Town Marathon, RSA, 2:18:33





## CURRICULUM VITAE: Bonginkosi Mavuso

### PERSONAL DETAILS

**NAME & SURNAME:** Bonginkosi Mavuso  
**DATE OF BIRTH:** 3 October 1996  
**CLUB:** Nedbank Running Club  
**GENDER:** Male  
**NATIONALITY:** South African

### Personal Best Times

Event	Result	Venue	Date
5000m	14:38.42	Durban (RSA)	2021
10km	29:56	Durban (RSA)	2022
Half Marathon	1:06:31	Durban (RSA)	2022
Marathon	2:17:12	Cape Town (RSA)	2022

### Best Performances 2026

Two Oceans 56km, 3:21:28

### Best Performances 2025

Kaapsehoop Marathon, 2:16:26, 1<sup>st</sup>  
 Makhonjwa Mountains Marathon, 2:25:59, 1<sup>st</sup>  
 Mbabane Marathon, 2:37:53, 1<sup>st</sup>  
 Ethekewini Township to Township 21km, 1:09:14, 1<sup>st</sup>

### Best Performances 2024

Mbube Marathon, 2:35:19, 3<sup>rd</sup>





**CURRICULUM VITAE: Msawenkosi Mthlane**

**PERSONAL DETAILS**

**NAME & SURNAME:** Msawenkosi Mthlane  
**DATE OF BIRTH:** 1 May 1994  
**CLUB:** Nedbank Running Club  
**GENDER:** Male  
**NATIONALITY:** South African

**Personal Best Times**

Event	Result	Venue	Date
Half Marathon	1:09:45	Pietermaritzburg (RSA)	2024
Marathon	2:21:25	Cape Town (RSA)	2021
Comrades	6:02:29	Durban (RSA)	2024
Two Oceans	3:11:16	Cape Town (RSA)	2023
52km Ultra	2:57:52	Dundee (RSA)	2023
25km	1:20:32	Port Elizabeth (RSA)	2020



**Best Performances 2026**

Johnson Crane Marathon, 2:26:18, 4<sup>th</sup>  
 Totalsports Two Oceans 56km, 3:13:32, 11<sup>th</sup>

**Best Performances 2025**

City2City 50km, 2:55:31, 8<sup>th</sup>

**Best Performances 2024**

Capital City Half Marathon, 1:09:45, 1<sup>st</sup>  
 Comrades Marathon, 6:02:29, 50<sup>th</sup>

**Best Performances 2023**

Totalsports Two Oceans 56km, 3:11:16, 4<sup>th</sup>  
 Prince Mangosuthu 52km, 2:57:52, 2<sup>nd</sup>  
 Soweto Marathon, 2:25:19, 12<sup>th</sup>





## CURRICULUM VITAE: Thokozani Mbambo

### PERSONAL DETAILS

**NAME & SURNAME:** Thokozani Rudolph Mbambo  
**DATE OF BIRTH:** Not publicly available  
**CLUB:** Nedbank Running Club  
**GENDER:** Male  
**NATIONALITY:** South African

### Best Results

Event	Result	Venue	Date
50km	3:01:57	Cape Town (RSA)	2024
Comrades	5:44:23	Durban (RSA)	2023

### Best Performances 2026

Two Oceans Marathon 56km, 3:22:10  
Johnson Crane Hire Marathon, 2:28:58

### Best Performances 2025

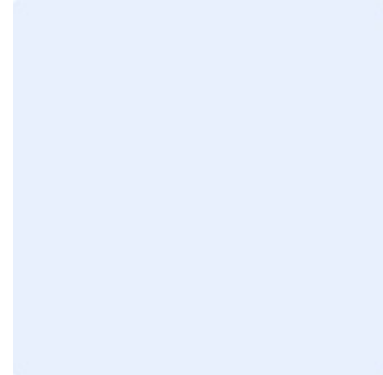
Comrades Marathon, 5:49:37, 19<sup>th</sup>

### Best Performances 2024

Two Oceans Marathon 50 km, 3:01:57, 21<sup>st</sup>  
Comrades Marathon, 6:08:04, 59<sup>th</sup>

### Best Performances 2023

Comrades Marathon, 5:44:23, 29<sup>th</sup>



## CURRICULUM VITAE: Kosinathi Khanyeza





**PERSONAL DETAILS**

**NAME & SURNAME:** Kosinathi Khanyeza  
**DATE OF BIRTH:**  
**CLUB:** Nedbank Running Club KZN  
**GENDER:** Male  
**NATIONALITY:** South African

**Personal Best Times**

Event	Result	Venue	Date
10km	30:50	Durban	2025
15km	52:11	Westville	2023
21km	1:10:00	Hammarsdale	2025
Half Marathon	1:08:14	Durban	2025
Marathon	2:22:53	Durban	2025

**Best Performances 2026**

Two Oceans Marathon 56km, 3:26:00

**Best Performances 2025**

Hope Challenge Marathon, 2:22:53, 4<sup>th</sup>  
 SAPS Striders 21.1 km, 1:08:14, 3<sup>rd</sup>  
 Mathews Meyiwa 21 km, 1:10:00, 1<sup>st</sup>

**Best Performances 2024**

Durban International Marathon, 2:23:14  
 Ethekeini Best of the Best Marathon, 2:29:24, 6<sup>th</sup>  
 Balwin Sport Dolphin Coast Marathon, 2:25:11

**Other Verified Performances**

Hollywoodbets Durban 10km, 30:50, 28<sup>th</sup>  
 Durban City Marathon, 2:28:13, 6<sup>th</sup>  
 Rolando Hillcrest Marathon, 2:31:39, 4<sup>th</sup>



# NEDBANK RUNNING CLUB



## CURRICULUM VITAE: Lloyds Bosman

### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Lloyds Bosman  
**COUNTRY:** South Africa  
**DATE OF BIRTH:** 25 February 1988  
**CLUB:** Nedbank Running Club SWD

### PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Place</u>	<u>Date</u>
10km	28:55	Cape Town (RSA)	2024
15km	46:47	Cape Town (RSA)	2013
Half Marathon	1:02:15	Port Elizabeth	2023
Marathon	2:21:27	Langebaan (RSA)	2023
Half Marathon	1:00:46	Meiringspoort(RSA)	2023
56km	3:09:58	Cape Town (RSA)	2024



### PERSONAL PERFORMANCES 2026

Weskus Marathon, 2:24:22, 1<sup>st</sup>  
Two Oceans 56km, 3:15:50, 15<sup>th</sup>

### PERSONAL PERFORMANCES 2025

Nelson Mandela Bay Half Marathon, Gqeberha (RSA), 1:04:40, 13<sup>th</sup>  
Cape Town Festival of Running Half Marathon, 1:07:01, 1<sup>st</sup>  
Elvis Brew to Brew 12km, 33:53, 1<sup>st</sup>  
Knysna Forest Half Marathon, 1:05:16, 1<sup>st</sup>  
Bay to Bay 30km, 1:38:53, 2<sup>nd</sup>

### PERSONAL PERFORMANCES 2024

Peninsula Marathon, 2:22:25, 1<sup>st</sup>  
Two Oceans 56km, 3:09:58, 2<sup>nd</sup>  
Weskus Marathon, 2:24:22, 1<sup>st</sup>  
Meiringspoort Half Marathon, 1:00:46, 1<sup>st</sup>  
Absa Run Your City Durban 10K, 28:56, 14<sup>th</sup>  
ABSA Run Your City Cape Town 10K, 28:55, 8<sup>th</sup>

### PERSONAL PERFORMANCES 2023

Weskus Marathon, 2:21:27, 1<sup>st</sup>  
Klein Karoo Street Mile (Eden Street Miles), Oudtshoorn RSA, 4:19.57, 12<sup>th</sup>  
ATKV Street Mile (Eden Street Miles), Hartenbos RSA, 4:23.18, 11<sup>th</sup>  
Nelson Mandela Bay Half Marathon RSA, 1:02:15

### PERSONAL PERFORMANCES 2022

Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:03:39

### PERSONAL PERFORMANCES 2021

AfricanX 3-day Stage trail run, 2<sup>nd</sup>





**CURRICULUM VITAE: Onalenna Khonkhobe**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Onalenna Khonkhobe  
**DATE OF BIRTH:** 29 April 1996  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South African

**PERSONAL BEST TIMES**

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
3000m	8:56.63	Potchefstroom (RSA)	2021
10km	29:42	Preotia (RSA)	2024
Half Marathon	1:03:13	Johannesburg (RSA)	2022
Marathon	2:18:36	Soweto (RSA)	2024
50km	2:39:41	Port Elizabeth (RSA)	2023

**Best Performances 2026**

SA 10 km Championships, 29:07, 3<sup>rd</sup>  
 Two Oceans 56km, 3:10:00, 2<sup>nd</sup>

**Best Performances 2025**

Pirates Half Marathon, 1:08:45, 4<sup>th</sup>  
 Biogen Half Marathon, 1:08:59  
 ABSA Run Your City Tshwane 10km, 30:23, 16<sup>th</sup>  
 F21 Half Marathon, Phalaborwa, 1:04:17, 4<sup>th</sup>  
 City2City 50km 2:52:01, 1<sup>st</sup>  
 Soweto Marathon, 2:20:39, 3<sup>rd</sup>

**Best Performances 2024**

Dischem Half Marathon, 1:05:41, 1<sup>st</sup>  
 Two Oceans 56km, 3:09:30, 1<sup>st</sup>  
 ABSA RYC 10km Tshwane, 29:42  
 ABSA RYC 10km JHB, 30:47  
 Soweto Marathon, 2:18:36, 1<sup>st</sup>

**Best Performances 2023**

SA Run4Cancer 48km, 2:37:57, 1<sup>st</sup>  
 Comrades Marathon - Down Run (RSA) 87km, 5:59:08  
 Nedbank Runified 50km, 2:39:41, 2<sup>nd</sup>

**Best Performances 2022**

Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:03:13  
 Race to Equality, Johannesburg, 1:10:04, 8<sup>th</sup>  
 Klerksdorp Marathon, 2:22:19, 1<sup>st</sup>  
 Two Oceans 56km, 3:12:57, 6<sup>th</sup>



# NEDBANK RUNNING CLUB



## CURRICULUM VITAE: Piet Wiersma

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Piet Wiersma  
**DATE OF BIRTH:** 20 October 1997  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Netherlands  
**GENDER:** Male

### PERSONAL BEST

Event	Result	Venue	Date
Marathon	2:18:59	Sevilla (ESP)	2023
Comrades	5:14:01	Pietermaritzburg	2023
100 Kilometres	6:18:47	Bernau (GER)	2022

### Best Performances 2026

Zurich Marathon Sevilla, 2:18:02

### Best Performances 2025

Comrades Marathon - Down Run (RSA) 90km, 5:25:33, 2<sup>nd</sup>  
Zurich Maratón Sevilla, Sevilla Marathon, 2:21:19  
Milano21 Half Marathon, Viale Eginardo, 1:07:43, 9<sup>th</sup>  
NN Zevenheuvelenloop 15km, Nijmegen, 48:20

### Best Performances 2024

Comrades Marathon - Up Run (RSA) 86km, 5:25:00, 1<sup>st</sup>  
Milano Marathon, Milano ITA, 2:21:49, 13<sup>th</sup>

### Best Performances 2023

Zurich Maraton de Sevilla, Sevilla ESP, 2:18:59  
Comrades Marathon - Down Run (RSA) 87km, 5:14:01, 2<sup>nd</sup>  
di Romagna (ITA) 50km, 3:02:57, 6<sup>th</sup>

### Best Performances 2022

100k World Ch., Bernau GER, 6:18:47, 3<sup>rd</sup>

### Best Performances 2021

45. RUN Winschoten 100 km, Winschoten NED, 6:49:47, 3<sup>rd</sup>





**CURRICULUM VITAE: Lyno Muchena**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Lyno Muchena  
**DATE OF BIRTH:** 2 January 1988  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Zimbabwe

**PERSONAL BEST TIMES**

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
Half Marathon	1:07:33	Polokwane (RSA)	2007
Marathon	2:24:12	Kazungula (BOT)	2023

**Best Performances 2025**

Old Mutual Harare Marathon, 2:26:52  
 Victoria Falls Marathon, 2:22:42

**Best Performances 2024**

Two Oceans 56km, 3:14:41, 10<sup>th</sup>  
 Comrades Marathon, 5:57:16

**Bests Performance 2023**

FNB Kazungula Bridge Marathon, Kazungula BOT, 2:24:12, 4<sup>th</sup>  
 SA Run4Cancer 48km, 2:42:55

**Bests Performance 2022**

Two Oceans Marathon (RSA) 56km, 3:26:06





**CURRICULUM VITAE: Denis Kipkosgei**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Denis Kipkosgei  
**DATE OF BIRTH:** 12 January 1998  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Kenya



**PERSONAL BEST TIMES**

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10km	28:43	Charleston, SC (USA)	2022
Marathon	2:08:36	Dubai	2026
Half Marathon	1:03:23	San José, CA (USA)	2022
15km	46:40	Tulsa, OK (USA)	2018

**Best Performances 2026**

Dubai Marathon, 2:08:36, 11<sup>th</sup>  
 Two Oceans 56km, 3:11:29, 4<sup>th</sup>

**Best Performances 2025**

Grandma's Marathon, 2:16:29, 9<sup>th</sup>  
 Brazzaville Int. Half Marathon, 1:04:32, 1<sup>st</sup>  
 N12 Half Marathon, 1:07:51, 3<sup>rd</sup>  
 Standard Chartered Hong Kong Marathon, 2:14:06, 8<sup>th</sup>

**Best Performances 2024**

Zurich Rock 'n' Roll Running Series Madrid Marathon, 2:13:54, 9<sup>th</sup>  
 San Blas Half Marathon, Coamo, 1:06:52, 6<sup>th</sup>





## CURRICULUM VITAE: Jonathan Chinyoka

### PERSONAL DETAILS

**NAME & SURNAME:** Jonathan Chinyoka  
**DATE OF BIRTH:** 12 July 1987  
**CLUB:** Nedbank Running Club  
**GENDER:** Male  
**NATIONALITY:** Zimbabwean

### Personal Best Times

Event	Result	Venue	Date
10km	29:36	Durban (RSA)	2009
Half Marathon	1:04:52	Port Elizabeth (RSA)	2009
Marathon	2:18:45	Cape Town (RSA)	2021
56 km	3:14:28	Two Oceans (RSA)	2022

### Best Performances 2025

Old Mutual Harare Marathon, 2:20:44  
First Mutual Marathon, 2:18:27

### Best Performances 2021

Cape Town Marathon, 2:18:45

### Best Performances 2020

CBZ Marathon, 2:18:53, 1<sup>st</sup>  
Old Mutual Harare Marathon, 2:19:34, 1<sup>st</sup>





CURRICULUM VITAE: **Alex Milne**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Alex Milne  
**DATE OF BIRTH:** 1990  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Great Britain  
**GENDER:** Male



**PERSONAL BEST**

Event	Result	Venue	Date
10km	30:03	Chichester (GBR)	2020
15km	47:25	Tampa, FL (USA)	2020
10mile	51:38	Twickenham (GBR)	2016
Half Marathon	1:07:41	Oxford (GBR)	2016
Marathon	2:16:30	London (GBR)	2023
50km	2:51:25	(GBR)	2023
Comrades	5:31:35	Pietermaritsburg	2023

**Best Performances 2026**

IAU 50km WC, New Delhi (IND), 2:46:08, 1<sup>st</sup>  
 TCS London Marathon, London, 2:13:51, 25<sup>th</sup>  
 Zurich Marathon Sevilla, 2:11:44, 30<sup>th</sup>

**Best Performances 2025**

Comrades Marathon - Down Run (RSA) 90km, 5:34:08, 6<sup>th</sup>  
 Valencia Marathon, Trinidad Alfonso Zurich, 2:14:54  
 Top Flight by RunThrough Fulham 10km, London, 29:55, 11<sup>th</sup>  
 TCS Amsterdam Marathon, 2:25:51  
 TCS London Marathon, London - UK Marathon Ch., 2:14:03  
 Top Flight by RunThrough - Battersea 10km, London, 30:28

**Best Performances 2024**

100km Bengaluru (IND), 6:43:21, 7<sup>th</sup>  
 Comrades Marathon - Up Run (RSA), 5:36:51, 9<sup>th</sup>

**Best Performances 2023**

MonacoRun 5km, Monaco, 14:54  
 TCS London Marathon, London GBR, 2:16:30, 18<sup>th</sup>  
 Running GP at Goodwood Motor Circuit (GBR) 50km, 2:51:25, 1<sup>st</sup>  
 Comrades Marathon - Down Run (RSA) 87km, 5:31:35, 15<sup>th</sup>

**Best Performances 2022**

FASTFriday 10000m, Waltham Forest Track Walthamstow, LondonGBR, 30:50.54, 8<sup>th</sup>  
 Wokingham Half Marathon, Wokingham GBR, 1:07:40, 4<sup>th</sup>  
 Therme Manchester Marathon, Manchester GBR, 2:17:53, 13<sup>th</sup>  
 Maraton Valencia Trinidad Alfonso EDP, Valencia ESP, 2:17:42  
 IAU 50km European Championships (ESP), 2:54:33, 6<sup>th</sup>





**COMRADES MARATHON  
2026  
Nedbank Running Club Female – PROFILES**



# NEDBANK RUNNING CLUB



CURRICULUM VITAE: **DEANNE LAUBSCHER**

## PERSONAL DETAILS

**FIRST NAME / SURNAME:** Deanné Laubscher  
**DATE OF BIRTH:** 26 Junie 1988  
**CLUB:** Nedbank Running Club CGA  
**NATIONALITY:** South African

## PERSONAL BEST TIMES

Distance	Time	Venue	Year
Marathon	2:46:32	Heidelberg (RSA)	2025
50km	3:25:54	Hyderabad (IND)	2023
Comrades	6:28:41	KZN (RSA)	2024
100km	8:22:19	Sveti Martin (Croatia)	2018

## Best Performances 2026

Two Oceans Marathon 56km, 3:51:35, 13<sup>th</sup>  
Balwin Run Series Peninsula, 2:47:35

## Best Performances 2025

Peninsula Marathon, 2:53:51, 2<sup>nd</sup>  
Two Oceans Marathon 56km, 3:59:11, 10<sup>th</sup>  
Vlakte Marathon, 2:46:32, 1<sup>st</sup>

## Best Performances 2024

Peninsula Marathon, 2:47:51, 2<sup>nd</sup>  
City2City 50km, 3:31:33, 3<sup>rd</sup>  
Comrades Marathon - Up Run (RSA) 86km, 6:28:41, 11<sup>th</sup>  
Cape Town Marathon, 2:53:04

## Best Performances 2023

Hyderabad Ultra Marathon - 50km open race (IND), 3:25:54, 10<sup>th</sup>  
Comrades Marathon - Down Run (RSA) 87km, 6:36:56, 13<sup>th</sup>  
N12 Ultra Marathon (RSA) 50km, 3:34:35, 4<sup>th</sup>  
50Km Nedbank Ultra Marathon Runified - women's race (RSA) 50km, 3:33:43, 12<sup>th</sup>

## Best Performances 2020

Aurum Klerksdorp Marathon 2:47:49, 1<sup>st</sup>

## Best Performances 2019

Johnson Crane Hire Marathon 2:58:00, 3<sup>rd</sup>  
Tuks Bestmed (agn) 21km 1:28:36  
Sasol Sasolburg (fs) 42km 3:01:26  
Comrades Marathon, 87km, 7:01:20, 12<sup>th</sup>





**CURRICULUM VITAE: Jenna Challenor**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Jenna Challenor  
**DATE OF BIRTH:** 6 July 1981  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South African

**PERSONAL BEST TIMES**

Distance	Time	Location	Year
10km	34:25	Cape Town (RSA)	2017
21km	1:14:12	København (DEN)	2014
Marathon	2:36:50	Valencia (ESP)	2019
Two Oceans 56km	3:47:27	Cape Town (RSA)	2017
Comrades	6:35:18	Durban(RSA)	2019

**Best Performances 2026**

Peninsula Marathon, 2:45:14, 1<sup>st</sup>

**Best Performances 2025**

Best of the Best Marathon, Durban, 2:56:18, 3<sup>rd</sup>  
 Peninsula Marathon ASA Marathon Championships, 2:51:24, 1<sup>st</sup>  
 Comrades Marathon - Down Run (RSA) 90km, 6:30:32, 13<sup>th</sup>  
 Two Oceans Marathon (RSA) 56km, 4:03:18, 12<sup>th</sup>

**Best Performances 2024**

Durban International Marathon, Durban, 2:52:56, 7<sup>th</sup>

**Best Performances 2022**

Dolphin Coast Marathon, Durban, 2:58:19, 2<sup>nd</sup>  
 SPAR Grand Prix 10km Durban, 34:57, 16<sup>th</sup>  
 Threshold Hillcrest Half Marathon, Durban, 1:19:40, 1<sup>st</sup>  
 Spar Ladies Grand Prix Series 10km Gqeberha, 35:17, 18<sup>th</sup>  
 Best of Best, Durban, 2:51:41, 2<sup>nd</sup>





**CURRICULUM VITAE: Fikile Mbuthuma**

**PERSONAL INFORMATION**

**FIRST NAMES / SURNAME:** Fikile Mbuthuma  
**DATE OF BIRTH:** 23 December 1980  
**CLUB:** Nedbank Running Club KZN  
**NATIONALITY:** South African

**Personal Bests**

Event	Result	Venue	Date
Marathon	2:58:02	East London (RSA)	2015
50km	3:42:14	Port Elizabeth (RSA)	2022
100km	7:59:17	WMA, Sveti Martin (CRO)	2018
Comrades	6:50:19	Durban (RSA)	2023

**Best Performances 2025**

Comrades Marathon - Down Run (RSA) 90km, 7:11:32, 36<sup>th</sup>  
 Prince Mangosuthu Ultra Marathon (RSA) 52km, 3:58:19, 5<sup>th</sup>

**Best Performances 2024**

Richards bay marathon time, 3:03, 1<sup>st</sup>  
 Hillcrest Half Marathon, 1:27, 2<sup>nd</sup>  
 Cape Peninsula Marathon, 3:10 11<sup>th</sup>  
 Harry Gwala Marathon, 3:09, 6<sup>th</sup>  
 Comrades Marathon - Up Run (RSA) 87km, 7:05:33, 31<sup>st</sup>  
 Two Oceans Marathon (RSA) 56km, 4:14:45, 31<sup>st</sup>

**Best Performances 2023**

Comrades Marathon 87km, 6:50:19, 19<sup>th</sup>  
 Durban International Marathon (RSA) 3:01:54

**Best Performances 2022**

Nedbank Runified 50km, 3:42:14, 10<sup>th</sup>





**CURRICULUM VITAE: Dikeledi Majara**

**PERSONAL INFORMATION**

**FIRST NAMES / SURNAME:** Dikeledi Majara  
**DATE OF BIRTH:** 29 Oct 1992  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Lesotho

**Personal Bests**

Event	Result	Venue	Date
10km	34:12	Gqeberha (RSA)	2025
Marathon	2:38:16	Cape Town (RSA)	2024
50km	3:12:36	Klerksdorp (RSA)	2025
Two Oceans	3:46:24	Cape Town (RSA)	2025
Comrades	6:50:06	Durban (RSA)	2025

**Best Performances 2026**

ABSA RYC 10km Gqeberha, 34:12, 11<sup>th</sup>  
 Two Oceans Marathon (RSA) 56km, 3:52:33, 14<sup>th</sup>

**Best Performances 2025**

N12 Ultra Marathon Klerksdorp, 3:12:36, 1<sup>st</sup>  
 Region 5 Marathon, Union Buildings Tshwane, 1:18:40, 6<sup>th</sup>  
 SPAR Women's Grand Prix Series 10km, Johannesburg, 37:01, 12<sup>th</sup>  
 Comrades Marathon Down Run (RSA) 90km, 6:50:06, 20<sup>th</sup>  
 N12 Ultra Marathon (RSA) 50km, 3:12:36, 1<sup>st</sup>  
 Two Oceans Marathon (RSA) 56km, 3:46:24, 5<sup>th</sup>  
 Diamonds and Dorings Kimberley Bighole Marathon, 2:47:19, 6<sup>th</sup>

**Best Performances 2024**

Cape Town Marathon, 2:38:16  
 Two Oceans 56km, 4:02:11, 13<sup>th</sup>





**CURRICULUM VITAE: Maretha Smit**

**PERSONAL DETAILS**

**NAME & SURNAME:** Maretha Smit  
**DATE OF BIRTH:** 16 February 1989  
**CLUB:** Nedbank Running Club  
**GENDER:** Female  
**NATIONALITY:** South African

**Personal Best Times**

Event	Result	Venue	Date
Marathon	2:48:45	Valencia (ESP)	2025
50km	3:50:45	Hartbeespoort (RSA)	2022
50km Split	3:53:54	Cape Town (RSA)	2025
56km	3:56:54	Cape Town (RSA)	2026
Comrades	6:56:10	Durban (RSA)	2024

**Best Performances 2026**

Two Oceans 56km, 3:56:54, 16<sup>th</sup>

**Best Performances 2025**

Valencia Marathon, 2:48:45  
 Peninsula Marathon, 3:07:27, 4<sup>th</sup>  
 Two Oceans 56km, 4:27:51  
 Comrades Marathon, 6:57:57, 25<sup>th</sup>

**Best Performances 2024**

Berlin Marathon, 2:50:29  
 Peninsula Marathon, 2:55:10, 3<sup>rd</sup>  
 Two Oceans 56km, 4:05:20, 17<sup>th</sup>  
 Comrades Marathon, 6:56:10, 23<sup>rd</sup>

**Best Performances 2023**

Cape Town Marathon, 2:55:34, 15<sup>th</sup>  
 Comrades Marathon - Down Run, 6:57:56, 25<sup>th</sup>  
 Two Oceans Marathon 56km, 4:07:09, 15<sup>th</sup>





**CURRICULUM VITAE: Loveness Madziva**

**PERSONAL DETAILS**

NAME & SURNAME: Loveness Madziva  
 DATE OF BIRTH: 22 September 1990  
 CLUB: Nedbank Running Club  
 GENDER: Female  
 NATIONALITY: Zimbabwean

**Personal Best Times**

Event	Result	Venue	Date
10km	35:00	Durban (RSA)	2019
Half Marathon	1:19:15	South Africa	N/A
Marathon	2:43:02	Mossel Bay (RSA)	2017
50km	3:13:07	South Africa	N/A
Two Oceans 56km	3:38:00	Cape Town (RSA)	2024
Comrades	6:07:03	Durban (RSA)	2025

**Best Performances 2026**

NMB Gqeberha 50km, 3:26:28, 1<sup>st</sup>  
 Two Oceans Ultra Marathon 56km, 3:48:54, 10<sup>th</sup>

**Best Performances 2025**

Hillcrest Marathon, 3:07:47, 2<sup>nd</sup>  
 Comrades Marathon, 6:07:03  
 TSW Durban 10km, 39:46, 23<sup>rd</sup>

**Best Performances 2024**

NMB Gqeberha 50km, 3:22:49, 1<sup>st</sup>  
 Prince Mangosuthu Ultra Marathon 52km, 3:22:38, 2<sup>nd</sup>  
 Two Oceans Ultra Marathon 56km, 3:38:00, 3<sup>rd</sup>  
 Comrades Marathon, 6:34:27, 13<sup>th</sup>



## CURRICULUM VITAE: Dominika Stelmach

### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Dominika Stelmach  
**COUNTRY:** Poland  
**DATE OF BIRTH:** 28 February 1982  
**CLUB:** Nedbank Running Club

### PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
10 Kilometres	34:25	Warszawa (POL)	2025
Half Marathon	1:15:17	Warszawa (POL)	2017
Marathon	2:36:36	Murcia (ESP)	2026
50km	3:10:25	Gqeberha (RSA)	2021
100km	7:04:30	Poland	2020
Comrades	6:06:02	Durban	2023

### Best Performances 2026

di Romagna (ITA) 50km, 3:20:36, 1<sup>st</sup>  
 IAU 50km WC, New Delhi (IND), 3:22:03, 6<sup>th</sup>  
 TotalEnergies Marathon Murcia Costa Cálida (ESP), 2:36:36, 1<sup>st</sup>  
 10km Valencia Ibercaja by Kiprun, Valencia (ESP), 34:40

### Best Performances 2025

Tokyo Marathon (JPN), 2:43:06  
 Comrades Marathon - Down Run (RSA) 90km, 6:12:02 5<sup>th</sup>  
 Ultravasan90 (SWE) 92km, 6:54:59 1<sup>st</sup>

### Best Performances 2024

24hrs Sittard - 50km Split (NED), 3:39:16, 1<sup>st</sup>  
 Transgrancanaria 126km (ESP), 17:49:19, 4<sup>th</sup>  
 Wings for Life, 55.02km, 1<sup>st</sup>  
 Comrades Marathon - Up Run (RSA), 6:19:24, 9<sup>th</sup>

### Best Performances 2023

Hyderabad Ultra Marathon - IAU 50 km WC (IND), 3:24:45, 8<sup>th</sup>  
 Comrades Marathon - Down Run (RSA) 87km, 6:06:02, 4<sup>th</sup>  
 Spartanion 24-Hour Race - 100km Split (ISR), 7:23:20, 1<sup>st</sup>

### Best Performances 2022

Kaiser Permanente Half Marathon, San Francisco, CA USA, 1:16:15, 1<sup>st</sup>  
 Comrades Marathon - Down Run (RSA) 90km, 6:25:09, 2<sup>nd</sup>

### Best Performances 2021

Maraton Dębno, Dębno POL 2:36:45, 8<sup>th</sup>  
 Piaseczyńska Piątka 5000m, Piaseczno POL 17:44.08, 3<sup>rd</sup>  
 Maraton Warszawski, Warszawa POL 2:41:47, 2<sup>nd</sup>  
 Nedbank Runified 50km, 3:10:25, 3<sup>rd</sup>

### Best Performances 2020

Cape Peninsula Half Marathon, Cape Town, 1:18:31, 2<sup>nd</sup>  
 PZU Orlen Warsaw Marathon, Warszawa POL 2:41:57, 1<sup>st</sup>



# NEDBANK RUNNING CLUB



## CURRICULUM VITAE: Caitriona Jennings

### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Caitriona Jennings  
**COUNTRY:** Ireland  
**DATE OF BIRTH:** 17 June 1980  
**CLUB:** Nedbank Running Club



### PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
10km	35:28	Dublin (IRL)	2011
10mile	58:00	Dublin (IRL)	2011
Half Marathon	1:15:29	Newry City (GBR)	2012
Marathon	2:36:17	Rotterdam (NED)	2012
50km	3:19:49	Brasov	2019
100km	7:07:16	Bernau (GER)	2022
Comrades Marathon	6:10:27	Durban	2023
5000m	18:34.63	Hong Kong (HKG)	2023

### PERSONAL PERFORMANCES 2026

The Canyons Endurance 50Km Run (USA), 4:42:32, 11<sup>th</sup>

### PERSONAL PERFORMANCES 2025

Donadea 50k Race (IRL) 50km, 3:16:33, 1<sup>st</sup>  
Tunnel Hill 100 Mile Race (USA), 12:37:04, 1<sup>st</sup>  
Comrades Marathon - Down Run (RSA) 90km, 6:16:42, 8<sup>th</sup>

### PERSONAL PERFORMANCES 2024

Two Oceans 56km, 3:46:47, 7<sup>th</sup>  
Comrades Marathon - Up Run (RSA) 6:13:00, 7<sup>th</sup>

### PERSONAL PERFORMANCES 2023

HKAA Athletics Series Meeting 5000m, Hong Kong, 18:34.63, 1<sup>st</sup>  
Sydney Marathon AUS, 2:48:26, 15<sup>th</sup>  
Hyderabad Ultra Marathon - IAU 50km WC (IND), 3:29:25, 12<sup>th</sup>  
Comrades Marathon - Down Run (RSA) 87km, 6:10:27, 5<sup>th</sup>  
The Canyons Endurance 50Km Run (USA), 4:17:47, 2<sup>nd</sup>

### PERSONAL PERFORMANCES 2022

Regeneron Great Limerick Run Marathon, Limerick IRL, 2:41:09, 1<sup>st</sup>  
100k World Ch., Bernau GER, 7:07:16, 3<sup>rd</sup>

### PERSONAL PERFORMANCES 2021

Irish National Championships 100km, 7:43:01, 1<sup>st</sup> (IRISH NATIONAL RECORD)  
Standard Chartered Hong Kong Marathon, Hong Kong 2:51:31, 3<sup>rd</sup>

### PERSONAL PERFORMANCES 2019

Rotterdam Marathon (NED) 2:38:42  
Comrades Marathon Up 6:24:12, 3<sup>rd</sup>





**CURRICULUM VITAE: Melissah Gibson**

**PERSONAL INFORMATION**

**FIRST NAMES / SURNAME:** Melissah Gibson  
**COUNTRY:** Great Britain  
**DATE OF BIRTH:** 1984  
**CLUB:** Nedbank Running Club

**PERSONAL BEST PERFORMANCES**

<u>Distance</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
5km	17:54	London (GBR)	2019
5Miles	29:32	London (GBR)	2021
10km	35:45	London (GBR)	2025
Half Marathon	1:16:21	Barcelona (ESP)	2024
Marathon	2:36:38	Sevilla (ESP)	2026



**Best Performances 2026**

IAU 50km WC, New Delhi (IND), 3:42:23, 17<sup>th</sup>  
 Phoenix Energy Belfast City Marathon, Belfast, GBR, 2:42:45, 3<sup>rd</sup>  
 HOKA Semi de Paris Half Marathon, 1:18:19, 13<sup>th</sup>  
 Zurich Marathon Sevilla ESP, 2:36:38, 18<sup>th</sup>  
 TotalEnergies Maratón Murcia Costa Cálida, ESP, 2:41:26, 2<sup>nd</sup>

**Best Performances 2025**

Sevilla Marathon (ESP), 2:38:32  
 Comrades Marathon - Down Run (RSA) 90km, 6:19:59, 10<sup>th</sup>  
 Anglo-Celtric Plate 50km (GBR), 3:18:42, 1<sup>st</sup>  
 Mallory Park 50km (GBR), 3:18:42, 1<sup>st</sup>

**Best Performances 2024**

Sri Chinmoy Self Transcendence 100k race - 50km Split (GBR), 3:26:42, 2<sup>nd</sup>  
 Sri Chinmoy Self Transcendence 100k race (GBR) 100km, 7:13:23  
 eDreams Mitja Marató Barcelona by Brooks, Barcelona ESP, 1:16:21  
 Zurich Maratón de Sevilla, Sevilla ESP, 2:36:48  
 Comrades Marathon - Up Run (RSA), 6:36:13, 14<sup>th</sup>

**Best Performances 2023**

Oslo Marathon, Oslo NOR, 2:46:51, 2<sup>nd</sup>  
 Comrades Marathon (RSA), 6:51:49





**CURRICULUM VITAE: Naomi Robinson**

**PERSONAL INFORMATION**

**FIRST NAMES / SURNAME:** Naomi Robinson  
**COUNTRY:** UK  
**DATE OF BIRTH:** 24 November 1993  
**CLUB:** Nedbank Running Club

**PERSONAL BEST PERFORMANCES**

<u>Distance</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
5km	16:33	Wigan (GBR)	2021
10,000m	35:48	London (GBR)	2019
10km	33:23	Telford (GBR)	2021
Half Marathon	1:12:05	Sevilla (ESP)	2023
Marathon	2:30:54	Manchester (GBR)	2022

**Best Performances 2026**

IAU 50km WC, New Delhi (IND), 3:13:37, 1<sup>st</sup>

**Best Performances 2025**

Marathon Valencia Trinidad Alfonso Zurich, 2:43:02

**Best Performances 2024**

Maratón Valencia Trinidad Alfonso Zurich, Valencia, 2:37:18  
 Mainova Frankfurt Marathon, Frankfurt, 2:38:37  
 Cheshire Elite 10km, Pulford, 34:46, 7<sup>th</sup>

**Best Performances 2023**

Maraton Valencia Trinidad Alfonso, Valencia, 2:44:05  
 Watford Open Graded Meeting, Woodside Stadium, Watford - Mixed Races, 9:23.41  
 Zurich Maraton de Sevilla, Sevilla, 2:38:47  
 EDP Medio Half Marathon Sevilla, Sevilla, 1:12:05, 6<sup>th</sup>  
 10km Valencia Ibercaja, Valencia, 33:41



