



**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, 1st
 Biogen Half Marathon 21.1 km, 1:05:32, 1st
 Two Oceans Half Marathon, 1:04:11, 4th

Best Performances 2025

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

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, 2nd
Two Oceans 56km, 3:11:27, 3rd
Diamonds and Dorings Kimberley Bighole Marathon, 2:17:19

Best Performances 2024

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

Best Performances 2023

Cape Twn Marathon, 2:17:14, 18th

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, 2nd
 Two Oceans Marathon 56km, 3:20:25
 Balwin Peninsula Marathon, 2:19:31, 2nd

Best Performances 2025

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

Best Performances 2024

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

Best Performances 2023

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

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, 1st
 Two Oceans 56km, 3:14, 7th

Best Performances 2021

WPA Track & Field Championship 5000m, Cape Town, RSA, 15:25.11, 9th
 Invitational Middle Distance Track Series 5000m, Stellenbosch, RSA, 15:19.17, 2nd
 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, 1st
 Makhonjwa Mountains Marathon, 2:25:59, 1st
 Mbabane Marathon, 2:37:53, 1st
 Ethekewini Township to Township 21km, 1:09:14, 1st

Best Performances 2024

Mbube Marathon, 2:35:19, 3rd





CURRICULUM VITAE: Msawenkosi Mthalande

PERSONAL DETAILS

NAME & SURNAME: Msawenkosi Mthalande
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, 4th
 Totalsports Two Oceans 56km, 3:13:32, 11th

Best Performances 2025

City2City 50km, 2:55:31, 8th

Best Performances 2024

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

Best Performances 2023

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





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

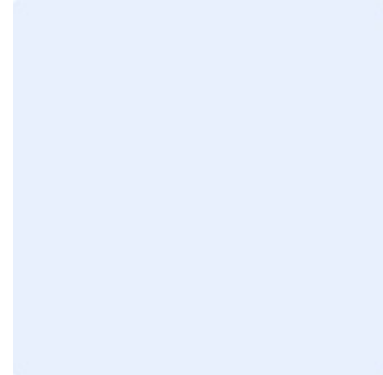
Comrades Marathon, 5:49:37, 19th

Best Performances 2024

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

Best Performances 2023

Comrades Marathon, 5:44:23, 29th



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, 4th
SAPS Striders 21.1 km, 1:08:14, 3rd
Mathews Meyiwa 21 km, 1:10:00, 1st

Best Performances 2024

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

Other Verified Performances

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



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, 1st
Two Oceans 56km, 3:15:50, 15th

PERSONAL PERFORMANCES 2025

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

PERSONAL PERFORMANCES 2024

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

PERSONAL PERFORMANCES 2023

Weskus Marathon, 2:21:27, 1st
Klein Karoo Street Mile (Eden Street Miles), Oudtshoorn RSA, 4:19.57, 12th
ATKV Street Mile (Eden Street Miles), Hartenbos RSA, 4:23.18, 11th
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, 2nd





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, 3rd
 Two Oceans 56km, 3:10:00, 2nd

Best Performances 2025

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

Best Performances 2024

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

Best Performances 2023

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

Best Performances 2022

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



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, 2nd
Zurich Maratón Sevilla, Sevilla Marathon, 2:21:19
Milano21 Half Marathon, Viale Eginardo, 1:07:43, 9th
NN Zevenheuvelenloop 15km, Nijmegen, 48:20

Best Performances 2024

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

Best Performances 2023

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

Best Performances 2022

100k World Ch., Bernau GER, 6:18:47, 3rd

Best Performances 2021

45. RUN Winschoten 100 km, Winschoten NED, 6:49:47, 3rd



NEDBANK RUNNING CLUB



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, 10th
Comrades Marathon, 5:57:16

Bests Performance 2023

FNB Kazungula Bridge Marathon, Kazungula BOT, 2:24:12, 4th
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, 11th
 Two Oceans 56km, 3:11:29, 4th

Best Performances 2025

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

Best Performances 2024

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





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, 1st
Old Mutual Harare Marathon, 2:19:34, 1st





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, 1st
 TCS London Marathon, London, 2:13:51, 25th
 Zurich Marathon Sevilla, 2:11:44, 30th

Best Performances 2025

Comrades Marathon - Down Run (RSA) 90km, 5:34:08, 6th
 Valencia Marathon, Trinidad Alfonso Zurich, 2:14:54
 Top Flight by RunThrough Fulham 10km, London, 29:55, 11th
 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, 7th
 Comrades Marathon - Up Run (RSA), 5:36:51, 9th

Best Performances 2023

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

Best Performances 2022

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



NEDBANK RUNNING CLUB



CURRICULUM VITAE: Olle Meijer

PERSONAL DETAILS

FIRST NAME / SURNAME: Olle Meijer
DATE OF BIRTH: 21 April 1998
CLUB: Nedbank Running Club
NATIONALITY: Sweden
GENDER: Male

PERSONAL BEST

Event	Result	Venue	Date
10000m	29:45.08	Stockholm (SWE)	2024
Marathon	2:19:00	Málaga (ESP)	2025
3000m	8:22.12	Friidrottens Hus (SWE)	2024
1500m	3:54.46	Åby Friidrott (SWE)	2024
Half Marathon	1:09:45	Lisboa (POR)	2025

Best Performances 2026

Hannover Marathon, Friedrichswall, GER, 2:19:52, 16th
VXO Ultrafest - VXO100k (Svenskt Mästerskap) (SWE) 100km, 6:52:42, 1st

Best Performances 2025

Generali Marathon de Málaga, Málaga ESP, 2:19:00, 12th
EDP Lisbon Half Marathon, Lisboa POR, 1:09:45
Kullamannen Seventh Seal 50K (SWE) 53km, 3:35:34, 4th
Ultravasan90 (SWE) 92km, 6:07:23, 1st

Best Performances 2024

TCS Amsterdam Marathon, NED, 2:30:19
Långlöparnas Kväll 10,000m, Olympiastadion, Stockholm SWE, 29:45, 4th
Bannister Opening 1500m, Åby Friidrott, Mölndal SWE, 3:54:46, 4th
Zurich Marató Barcelona, Barcelona ESP, 2:19:28, 11th
Ultravasan90 (SWE) 90km, 6:15:19, 1st
VXO Ultrafest - VXO100km (Open Race) (SWE), 6:20:51, 1st





CURRICULUM VITAE: **Nikolai Volkov**

PERSONAL DETAILS

FIRST NAME / SURNAME: Nikolai Volkov
DATE OF BIRTH: 5 July 1985
CLUB: Nedbank Running Club
NATIONALITY: Russian
GENDER: Male

PERSONAL BEST

Event	Result	Venue	Date
Marathon	2:15:12	Sochi (RUS)	2020
Half Marathon	1:06:56	St. Petersburg (RUS)	2021
Comrades Marathon	5:29:42	Durban (RSA)	2025

Best Performances 2025

Russian Marathon Championships, Kazan RUS, 2:21:16, 13th
Comrades Marathon - Down Run (RSA) 90km, 5:29:42, 3rd

Best Performances 2023

Perm Marathon, Perm RUS, 2:18:49, 2nd
Russian Championship 100km Nizhny Novgorod (RUS), 6:08:24, 1st





CURRICULUM VITAE: **Haruki Okayama**

PERSONAL DETAILS

FIRST NAME / SURNAME: Haruki Okayama
DATE OF BIRTH: 9 December 1994
CLUB: Nedbank Running Club
NATIONALITY: Japan
GENDER: Male

PERSONAL BEST

Event	Result	Venue	Date
100km	6:12:10	Bernau (GER)	2022
Marathon	2:14:31	Otsu (JPN)	2021
100000m	30:08.44	Yokohama (JPN)	2021

Best Performances 2026

50km di Romagna (ITA), 2:55:30, 4th
IAU 50km WC, New Delhi (IND), 2:50:40, 8th

Best Performances 2025

Tokyo Marathon, Tokyo JPN, 2:19:43

Best Performances 2024

Fukui Sakura Marathon, Fukui JPN, 2:23:58, 6th
Tokyo Marathon, Tokyo JPN, 2:34:46
100km Bengaluru - IAU World Championship (IND), 6:37:54, 3rd
Lake Saroma 100Km Ultramarathon (JPN), 6:16:31, 3rd





**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, 13th
Balwin Run Series Peninsula, 2:47:35

Best Performances 2025

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

Best Performances 2024

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

Best Performances 2023

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

Best Performances 2020

Aurum Klerksdorp Marathon 2:47:49, 1st

Best Performances 2019

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





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, 1st

Best Performances 2025

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

Best Performances 2024

Durban International Marathon, Durban, 2:52:56, 7th

Best Performances 2022

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





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, 36th
 Prince Mangosuthu Ultra Marathon (RSA) 52km, 3:58:19, 5th

Best Performances 2024

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

Best Performances 2023

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

Best Performances 2022

Nedbank Runified 50km, 3:42:14, 10th





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, 11th
 Two Oceans Marathon (RSA) 56km, 3:52:33, 14th

Best Performances 2025

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

Best Performances 2024

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





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, 16th

Best Performances 2025

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

Best Performances 2024

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

Best Performances 2023

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





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, 1st
 Two Oceans Ultra Marathon 56km, 3:48:54, 10th

Best Performances 2025

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

Best Performances 2024

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



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, 1st
 IAU 50km WC, New Delhi (IND), 3:22:03, 6th
 TotalEnergies Marathon Murcia Costa Cálida (ESP), 2:36:36, 1st
 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 5th
 Ultravasan90 (SWE) 92km, 6:54:59 1st

Best Performances 2024

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

Best Performances 2023

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

Best Performances 2022

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

Best Performances 2021

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

Best Performances 2020

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



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, 11th

PERSONAL PERFORMANCES 2025

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

PERSONAL PERFORMANCES 2024

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

PERSONAL PERFORMANCES 2023

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

PERSONAL PERFORMANCES 2022

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

PERSONAL PERFORMANCES 2021

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

PERSONAL PERFORMANCES 2019

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





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, 17th
 Phoenix Energy Belfast City Marathon, Belfast, GBR, 2:42:45, 3rd
 HOKA Semi de Paris Half Marathon, 1:18:19, 13th
 Zurich Marathon Sevilla ESP, 2:36:38, 18th
 TotalEnergies Maratón Murcia Costa Cálida, ESP, 2:41:26, 2nd

Best Performances 2025

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

Best Performances 2024

Sri Chinmoy Self Transcendence 100k race - 50km Split (GBR), 3:26:42, 2nd
 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, 14th

Best Performances 2023

Oslo Marathon, Oslo NOR, 2:46:51, 2nd
 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, 1st

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, 7th

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, 6th
 10km Valencia Ibercaja, Valencia, 33:41





PERSONAL INFORMATION

FIRST NAMES / SURNAME: Alena Tatarinova
COUNTRY: RUS
DATE OF BIRTH: 12 November 1990
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
Marathon	2:32:06	Kazan (RUS)	2024
5000m	17:27.66	Chelyabinsk (RUS)	2020
Comrades	6:31:52	Durban (RSA)	2025

Best Performances 2026

Best Performances 2025

Russian Marathon Championships, Kazan, 2:33:22, 3rd
Comrades Marathon - Down Run (RSA) 90km, 6:31:52, 14th

Best Performances 2024

Moscow Marathon, Luzhniki Stadion, Moskva, 2:35:37, 7th
Russian Marathon Championships, Kazan, 2:32:06, 2nd

Best Performances 2023

Moscow Marathon, Moskva, 2:35:10, 4th
Russian Marathon Championships, Pushkin, St. Petersburg, 2:36:58, 5th





PERSONAL INFORMATION

FIRST NAMES / SURNAME: Iuliia Ryzhankova
COUNTRY: RUS
DATE OF BIRTH: 3 July 1988
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
Marathon	2:39:16	Kazan (RUS)	2024
Half Marathon	1:17:01	Kazan (RUS)	2025
10,000m	36:02.02	Moskva (RUS)	2022
Comrades	6:26:51	Durban (RSA)	2025

Best Performances 2025

Kazan Half Marathon, Kazan RUS, 1:17:01, 3rd
Comrades Marathon - Down Run (RSA) 90km, 6:26:51, 12th

Best Performances 2024

Russian Marathon Championships, Kazan RUS, 2:39:16, 7th
Russian Championship 100km Nizhny Novgorod (RUS), 7:01:18, 1st
Comrades Marathon - Up Run (RSA) 87km, 6:28:22, 10th

Best Performances 2023

Moscow Marathon, Moskva RUS, 2:47:11, 8th
Golden Ring 80 Km Ultra Trail (RUS), 7:49:41, 1st

