



**SPAR WOMANS CHALLENGE**  
Cape Town  
2026

**NEDBANK RUNNING CLUB**  
**ATHLETES**



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**CURRICULUM VITAE: Diniya Kedir Abaraya**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Diniya Kedir Abaraya  
**DATE OF BIRTH:** 28 November 2005  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Ethiopia  
**GENDER:** Female

**PERSONAL BEST**

Event	Result	Venue	Date
10km	32:03	Durban (RSA)	2023
Half Marathon	1:06:28	Barcelona (SPAIN)	2025

**Background**

Diniya Kedir, born on 28 November 2005 in the small city called Jima, one of the rural areas of Ethiopia. She grew up with her Grand Mother And moved to Addis Ababa 5 Years ago for a better life. Diniya joined the Nedbank Running Club in 2023.



**Best Performances 2026**

Hyundai Mitja Marató de Barcelona, 1:06:28, 3<sup>rd</sup>

**Best Performances 2025**

Billbao Night Half Marathon, 1:12:03, 3<sup>rd</sup>  
 SPAR Women's Grand Prix Series 10km, Johannesburg, 33:41, 2<sup>nd</sup>  
 SPAR Women's Grand Prix Series 10km, Gqeberha, 32:04, 3<sup>rd</sup>  
 SPAR Women's Grand Prix Series 10km, Tshwane, 32:40, 2<sup>nd</sup>  
 SPAR Women Grand Prix Series 10km, Durban, 32:09, 2<sup>nd</sup>  
 Movistar Madrid Medio Half Marathon, 1:10:00, 2<sup>nd</sup>

**Best Performances 2024**

NMB Half Marathon, Pollock Beach, Gqeberha, 1:12:32, 2<sup>nd</sup>  
 Spar Grand Prix Cape Town. 32:24. 2<sup>nd</sup>

**Best Performances 2023**

ABSA Run your city 10km Durban, 32:03, 4<sup>th</sup>  
 ABSA Run your city 10km Tshwane, 32:48, 2<sup>nd</sup>

**Planned races for 2024**

The Spar Grand Prix series 2024  
 ABSA RYC 10km Gqeberha  
 Nelson Mandela Bay Half Marathon  
 Cape Town Marathon





**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>

**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: Adele Broodryk**

**PERSONAL INFORMATION**

**FIRST NAMES / SURNAME:** Adele Broodryk  
**COUNTRY:** R.S.A.  
**DATE OF BIRTH:** 20 September 1990  
**CLUB:** Nedbank Running Club AGN

**Personal Bests**

Event	Result	Venue	Date
10km	34:48	Durban (RSA)	2022
Half Marathon	1:18:30	Port Elizabeth (RSA)	2023
Marathon	2:46:46	Cape Town (RSA)	2024
Two Oceans 56km	3:46:35	Cape Town (RSA)	2022
Comrades Marathon	5:56:26	Durban (RSA)	2023

**Bests Performances 2026**

Vaal Marathon, 3:01:58, 1<sup>st</sup>  
 Klerksdorp Marathon, 2:58:15, 1<sup>st</sup>  
 Johnson Crane Hire Marathon, 2:59:20, 2<sup>nd</sup>

**Bests Performances 2024**

Peninsula Marathon. 2:46:46, 1<sup>st</sup>  
 SPAR Women's Grand Prix Series 10km, Cape Town, 36:53, 13<sup>th</sup>

**Bests Performances 2023**

Bert's Bricks Half Marathon 1:18:30, 1<sup>st</sup>  
 Nedbank Runified 50km, 3:18:03, 7<sup>th</sup>  
 Om Die Dam 50km, 3:31:10, 1<sup>st</sup>  
 Two Oceans 56km, 3:53:27, 8<sup>th</sup>  
 Comrades 90km Downrun 5:56:26, 2<sup>nd</sup>

**Bests Performances 2022**

Comrades 90km Downrun 6:26:35, 3<sup>rd</sup>  
 Om-die-Dam Ultra Marathon 50km 3:23:48, 1<sup>st</sup>  
 N12 Ultra-Marathon 46.5km 3:08:34, 2<sup>nd</sup>  
 Two Oceans Ultra-marathon 56km 3:46:35, 6<sup>th</sup>  
 Motsepe Half-Marathon 1:21:42, 3<sup>rd</sup>  
 Dischem Half-marathon 1:24:07, 3<sup>rd</sup>  
 Spar Grand Prix Series 10km Port Elizabeth – 35:20, 17<sup>th</sup>  
 Spar Grand Prix Series 10km Durban – 34:48, 15<sup>th</sup>  
 Spar Grand Prix Series 10km Nelspruit – 35:06, 9<sup>th</sup>  
 Spar Grand Prix Series 10km Pretoria – 37:18, 14<sup>th</sup>  
 Spar Grand Prix Series 10km Johannesburg: 37:49, 14<sup>th</sup>  
 Spar Grand Prix Series 10km Cape Town: 35:11, 10<sup>th</sup>





**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 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: Annatjie Botes

### PERSONAL DETAILS

**NAME & SURNAME:** Annatjie Botes  
**DATE OF BIRTH:** 10 December 1957  
**CLUB:** Nedbank Running Club  
**GENDER:** Female  
**NATIONALITY:** South African

### Personal Best Times

Event	Result	Venue	Date
10km	41:03	George (RSA)	2017
15km	1:14:05	Hartenbos (RSA)	2017
Half Marathon	1:29:00	South Africa	2017
Marathon	3:15:20	Cape Town (RSA)	2013
50km	4:12:35	Gqeberha (RSA)	2023
Two Oceans Ultra	4:34:39	Cape Town (RSA)	2012

### Best Performances 2024

32GI 10km, 1st 60-69

### Best Performances 2023

Runified 50km, 4:12:35, 1st 65-69  
 Two Oceans Ultra 56 km, 5:06:00, 1st 60-69  
 Cango 21.1 km, 1:37:16, 1st 60-69

### Best Performances 2018

Correctional Services 10km Nite Race, 41:03, 1st woman  
 Somerson Half Marathon, 1:36:57, category winner  
 Moordkuil 15km, 1:14:05, 2nd woman overall



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## CURRICULUM VITAE: Margie Saunders

### PERSONAL DETAILS

<b>NAME &amp; SURNAME:</b>	Margie Saunders
<b>DATE OF BIRTH:</b>	September 1953
<b>CLUB:</b>	Nedbank Running Club
<b>GENDER:</b>	Female
<b>NATIONALITY:</b>	South African

### Best Performances

NMB 1 City Half Marathon, 1:40:11, SA 70+ record  
Gelvandale 10km, 46:07, EP and SA 70+ record

### Best Performances 2025

NMB Colchester 10km, 45:37, 1<sup>st</sup> in 70-79 age category  
Choose to Challenge 10km, 47:21, 1<sup>st</sup> woman home in age category

### Best Performances 2024

Gqeberha 10K, 45:34, 1<sup>st</sup> in 70+ age category



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**CURRICULUM VITAE: Charmaine Cupido**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Charmaine Cupido  
**DATE OF BIRTH:** 1956-01-15  
**CLUB:** Nedbank Running Club WP  
**NATIONALITY:** South African

**PERSONAL BEST TIMES**

Distance	Time	Venue	Year
5km	18:40	World Veteran Champs, DBN	1997
10km	37:56	UWC	1997
15km	58:18	Ravensmead	1997
21km	84:34	Durbanville	1997
30km	2:07	Camps Bay	1994
42.2km	3:12	Cape Town	1998
Two Oceans 56km	5:04	Claremont	1992

**Best Performances 2025**

10km - 52:34  
 21km- 2:13

**Best Performances 2024**

10km - 51:55  
 21km - 2:08

**Best Performances 2023**

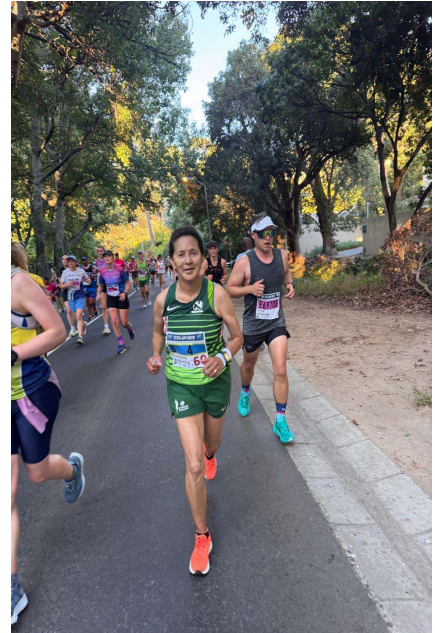
10km - 50:55  
 21km - 2:03

**Best Performances 2022**

10km - 50:30  
 21km - 2:02

**Best Performances 2021**

10km - 52:38



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## CURRICULUM VITAE: Ingrid Koster

### PERSONAL DETAILS

**NAME & SURNAME:** Ingrid Koster  
**DATE OF BIRTH:** Not publicly available  
**CLUB:** Nedbank Running Club GN  
**GENDER:** Female  
**NATIONALITY:** South African

### Most Recent Best Times

Event	Result	Venue	Date
4km	30:33	Pretoria (RSA)	2024
8km	38:21	Pretoria (RSA)	2024
10km	43:12	Pretoria (RSA)	2025
15km Trail	1:09:44	Pretoria (RSA)	2026
Half Marathon	1:36:45	Phalaborwa (RSA)	2025
42km	3:17:26	Pretoria (RSA)	2025

### Best Performances 2026

PwC George Claassen Road Race 21.1 km, 1:39:22, 1st age category (50-59)  
Hazeldean Lakes Race 15 km Trail Run, 1:09:44, 2nd woman, 1st Master

### Best Performances 2025

Ultimate Fast Challenge 10 km, 43:12  
Linton's Corner Spring Run 10 km, 43:26, 2nd woman, 1st age category (50-59)  
ASA Half Marathon Championship 21.1 km, 1:36:45  
Jacaranda City Challenge, 3:17:26, 1st age category (50-59)

### Best Performances 2024

Voet van Afrika 10 km, 43:40, 2nd Master



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## CURRICULUM VITAE: Rolandi Schutte

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Rolandi Schutte  
**DATE OF BIRTH:** 01-12-1980  
**CLUB:** Nedbank Running Club WPA  
**NATIONALITY:** South African

### PERSONAL BEST TIMES

Distance	Time	Venue	Year
10km	38:11	Ladies Spar, Cape Town	2021
21km	1:27	Cape Town	2021
42.2km	2:58:35	Cape Town Marathon	2021
Two Oceans 56km	4:45:22	Cape Town	2022
Comrades Marathon	7:56:51	Pietermaritzburg	2022

### Best Performances 2025

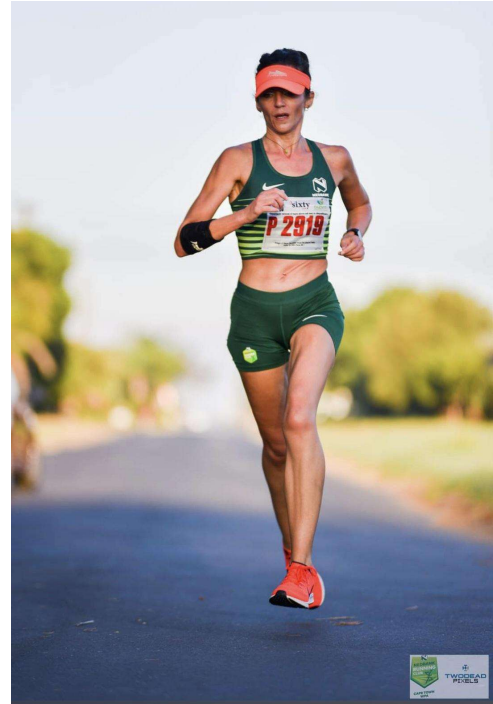
Brackenfell 10km - 3rd Open Women; 1st W40-49  
 WPA Masters Track 5000m - 1st W40-44  
 Weskus LCE 10km - 2nd Open Women; 1st W40-49  
 Ladies Spar Cape Town Elite Team  
 Pinelands 10km - 3rd W40-49  
 WPA Cross Country Champs - 2nd W40-49  
 Langebaan 21km - 1st W40-49; 4th Open Women  
 Melkbos 15km - 2nd W40-49; 4th Open Women  
 Metropolitan - 3rd Open Women; 2nd W40-49

### Best Performances 2024

Represented ASA Champs 10km  
 ASA 10km Champs - 2nd W40-49 Team Price  
 Weskus Marathon - 3rd W40-49  
 Two Oceans 56km - Team Price W40-49

### Best Performances 2023

Topform Bay to Bay 15km - 2nd W40-49  
 Redhill 36km - 1st W40-49  
 Whale Coast 21.1km - 2nd Open Women; 1st W40-49  
 Represented WPA at Masters ASA Cross Country  
 ASA Cross Country - 4th in W40-44  
 Two Oceans 56km Team Price W40-49  
 Ladies Spar Cape Town Elite Team - 3rd W40-49  
 Topform 10km - 3rd Open Women; 1st W40-49  
 WPA 21.1km Champs - 2nd W40-49  
 WPA Cross Country Champs - 2nd W40-44  
 Tekkie Challenge 10km - 3rd Open Lady; 1st W40-49 38:31  
 ASA Cross Country Champs Gqeberha - 4th W40-44  
 WPA 10km Champs Nantes 10km - 1st W40-49





**CURRICULUM VITAE: Angela Dell**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Angela Dell  
**DATE OF BIRTH:** 15 April 1983  
**CLUB:** Nedbank Running Club WPA  
**NATIONALITY:** RSA

**PERSONAL BEST TIMES**

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10km	42:16	Growthpoint Sundowner 10km	2024
21km	1:35:07	Gun Run 21Km	2024
42.2km	3:18:55	Intercare Blouberg marathon	2025
50km	4:10:12	Cape Town Festival of Running	2023
Two Oceans 56km	4:43:43	Two Oceans ultra	2024
Comrades Marathon UP	8:04:55	Up run	2024
Comrades Marathon DOWN	8:31:33	Down run	2025

**Best Performances 2025**

Blouberg marathon 3:18:55  
 Paris marathon 3:28:30  
 Weskus marathon 3:39:41  
 Cango marathon 3:26:11  
 Peninsula marathon 3:44:46

Two oceans ultra 4:54:22  
 Comrades 8:31:33

**Best Performances 2024**

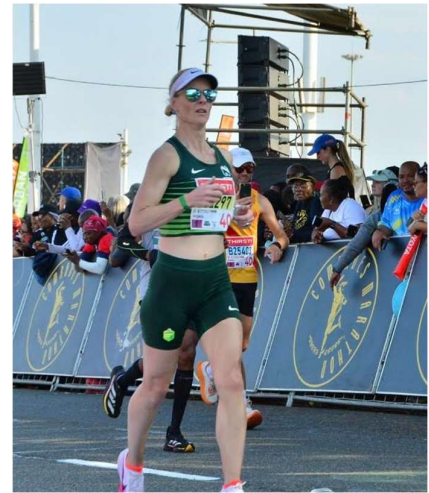
Valencia marathon 3:40:08  
 Blouberg marathon 3:24:30  
 Weskus marathon 3:41:07  
 Cango marathon 3:26:33

Two oceans ultra 4:43:43  
 Comrades 8:04:55

**Best Performances 2023**

Blouberg marathon 3:40:57  
 Paris marathon 3:25:36  
 Weskus marathon 3:34:07  
 Redhill marathon 3:42:40

Two oceans 4:59:06  
 Cape Town festival of running 50K 4:10:12  
 Comrades 9:12:13





**CURRICULUM VITAE: Kimara Solms**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Kimara Solms  
**DATE OF BIRTH:** 1997-12-23  
**CLUB:** Nedbank Running Club WP  
**NATIONALITY:** South African

**PERSONAL BEST TIMES**

Distance	Time	Venue	Year
10km	38:56	Gun Run	2024
21km	1hrs24min	Blouberg Haf	2025
42.2km	2hrs55min	Valencia Marathon	2025



**Best Performances 2025**

Valencia Marathon 2025: 2:55  
 WP 5km Champs: 2nd place  
 27km Freedom: 1st place  
 Cub Mykonos: 2nd place  
 John Korasie: 5th place

**Best Performances 2024**

Blouberg Half: 1 hour 26 minutes  
 Gun Run: 1 hour 25 minutes  
 Cape Town Marathon: 3 hours 5 minutes

**Best Performances 2024**

5km: 18:39





## CURRICULUM VITAE: Heidi de Jager

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Heidi de Jager  
**DATE OF BIRTH:** 1993-07-26  
**CLUB:** Nedbank Running Club WP  
**NATIONALITY:** South African

### PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10km	38:36	Intercare Blouberg	2025
21km	01:24	Winelands Half	2025

### Best Performances 2025

#### Road:

Weskus Half Marathon: 1 hour 38 minutes (4th female)  
Langebaan Athletics Half Marathon: 1 hour 27 minutes (2nd)  
Winelands Half Marathon: 1 hour 24 minutes (3rd female)  
Blouberg Intercare 10km: 38 minutes (3rd female)  
Saldanha Health Run Half Marathon: 1 hour 27 minutes (1st)

#### Trail:

The Rock Ultra 22km: 1st female (3rd overall)  
6 Peaks Challenge (George) - 4 peaks completed: 1st female  
Run4rivers Trail run 12km: 1st female  
Fairview Goat Run 8km: 1st female  
Blouklip Trail run 21km: 2nd female



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**CURRICULUM VITAE: Sarah Silber**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Sarah Silber  
**DATE OF BIRTH:** 1993-09-06  
**CLUB:** Nedbank Running Club WP  
**NATIONALITY:** South African

**PERSONAL BEST TIMES**

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10km:	00:39:55	Cape Town ABSA run	2022
21km:	01:25	Cape Town, Winelands Half	2023
42.2km:	02:58	Cape Town, Cango	2023
50km:			
Two Oceans 56km:	04:09	Cape Town	2024
Comrades Marathon:	07:11	Durban	2024

**Best Performances 2025**

Vlakte Marathon 3 hours 7 minutes  
 Bay to Bay 2 hours 11 minutes  
 Comrades Bill Rowan 7 hours 42 minutes

**Best Performances 2024**

Comrades Silver 7 hours 11 minutes  
 Cape Town Marathon 3 hours 3 minutes  
 Winelands Half Marathon 1 hour 27 minutes

**Best Performances 2023**

Comrades Silver 7 hours 12 minutes  
 Cango Marathon, 2 hours 58, first place  
 Winelands Half, 1 hour 25, third place  
 Cape Town Marathon 3 hours  
 Two Oceans 4 hours 10 minutes

**Best Performances 2022**

Peninsula Marathon 2 hours 59 minutes  
 Two Oceans 4 hours 16 minutes  
 Comrades Bill Rowan 7 hours 54  
 Cape Town Marathon 3 hours 5 minutes  
 Blouberg Marathon 3 hours 5 minutes, 2<sup>nd</sup> place  
 Tygerberg 30km, 2 hours 10 minutes, 3<sup>rd</sup> place

**Best Performances 2021**

Cape Town Marathon 3 hours 8 minutes





**CURRICULUM VITAE: Elmé Middlemost**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Elmé Middlemost  
**DATE OF BIRTH:** 18 September 1978  
**CLUB:** Nedbank WP  
**NATIONALITY:** RSA

**PERSONAL BEST TIMES**

Distance	Time	Venue	Year
10km	00:39:41	UWC	2025
21km	01:27:04	Gun Run	2025
42.2km	03:08:17	Langebaan	2021
50km	04:08:07	False Bay	2023
Two Oceans 56km	04:19:10	Cape Town	2022
Comrades Marathon	07:41:32	Durban	2023



**Best Performances 2025**

Overall female winner Tekkie Challenge 16km  
 Overall 2<sup>nd</sup> female Winelands marathon  
 Various WP teams

**Best Performances 2024**

Overall female winner Milkwood 21km  
 3<sup>rd</sup> open and 1<sup>st</sup> 40+ female Blouberg marathon  
 Various WP teams

**Best Performances 2023**

3<sup>rd</sup> open 1<sup>st</sup> 40+ Redhill marathon  
 Overall female winner TygerRun 15km  
 Overall female winner Tygerberg 30

**Best Performances 2022**

2<sup>nd</sup> Open 1<sup>st</sup> 40+ Milkwood 21km  
 Overall female winner Langebaan Marathon  
 2<sup>nd</sup> open 1<sup>st</sup> 40+ Winelands Marathon

**Best Performances 2021**

African X trail 2<sup>nd</sup> female 40+ team  
 Overall female winner McGregor Run 2 Nowhere trail





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