



**TWO OCEANS MARATHON  
2026  
MALE ATHLETES - CV'S 56KM**



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**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>

**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: 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>

### 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>



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# 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>

### 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  
OUTurance 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



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## CURRICULUM VITAE: Joel Mmone

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Joel Mmone  
**DATE OF BIRTH:** 29 Mar 1991  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South Africa

### PERSONAL BEST

Event	Result	Place	Date
5000m	14:02.05	Potchefstroom (RSA)	2016
10000m	28:49.92	Durban (RSA)	2017
10km	28:23	Casablanca (MAR)	2016
12km	34:35	Cape Town (RSA)	2018
15km	46:14	Pretoria (RSA)	2019
Half Marathon	1:01:22	Port Elizabeth (RSA)	2019
Marathon	2:21:34	Soweto (RSA)	2023

### Personal Performances 2026

MTN 21 km Race 21.1 km, 1:07:33, 3<sup>rd</sup>  
 Ottosdal Marathon, 2:29:38, 1<sup>st</sup>

### Personal Performances 2025

Region 5 Marathon, 1:05:21, 6<sup>th</sup>  
 ABSA Run Your City Joburg 10km, 29:49  
 ABSA Run Your City Tshwane 10km, 29:55, 10<sup>th</sup>

### Personal Performances 2024

Nelson Mandela Bay Half Marathon, Gqeberha, 1:04:34, 7<sup>th</sup>

### Personal Performances 2023

Nelson Mandela Bay Half Marathon, Gqeberha, 1:01:48, 9<sup>th</sup>  
 Run your City 10km Johannesburg, 29:59, 6<sup>th</sup>  
 Soweto Marathon, 2:21:34, 6<sup>th</sup>

### Personal Performances 2021

Durban 10K CITYRUN, Durban RSA, 31:20  
 Nelson Mandela Bay Half Marathon, Port Elizabeth RSA, 1:04:56





## CURRICULUM VITAE: Selwyn Matthews

### PERSONAL DETAILS

**NAME & SURNAME:** Selwyn Matthews  
**DATE OF BIRTH:** 21 August 1998  
**CLUB:** Nedbank Running Club  
**GENDER:** Male  
**NATIONALITY:** South African

### Personal Best Times

Event	Result	Venue	Date
5000m	14:12.1	Oudtshoorn (RSA)	2023
10km	30:13	George (RSA)	2025
Half Marathon	1:05:31	De Rust (RSA)	2025
30km	1:40:35	Cape Town (RSA)	2025
Marathon	2:24:12	Oudtshoorn (RSA)	2025

### Best Performances 2026

Peninsula Marathon, 2:22:49, 3<sup>rd</sup>

### Best Performances 2025

Meiringspoort 21.1 km, 1:05:31, 2<sup>nd</sup>  
 Cango Marathon, 2:24:12, 1<sup>st</sup>  
 Weskus Marathon, 2:26:58, 1<sup>st</sup>  
 McDonalds Youth Day 10km, 30:13, 2<sup>nd</sup>

### Best Performances 2024

Knysna Forest Half Marathon, 1:06:03, 4<sup>th</sup>  
 Madibaz George Forest Run 21.1 km, 1:11:41, 2<sup>nd</sup>





## 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 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>  
 Ethekwini Township to Township 21km, 1:09:14, 1<sup>st</sup>

### **Best Performances 2024**

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



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**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, 4<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: Benjamin Nyongesa

### PERSONAL DETAILS

**NAME & SURNAME:** Benjamin Nyongesa  
**DATE OF BIRTH:** 24 December 1996  
**CLUB:** Nedbank Running Club  
**GENDER:** Male  
**NATIONALITY:** Kenya

### Personal Best Times

Event	Result	Venue	Date
10km	29:05	SA Men Run 10km (RSA)	2025
Half Marathon	1:05:06	Durban City Marathon 21km (RSA)	2026
Marathon	2:21:13	Hope Challenge Marathon (RSA)	2025

### Best Performances 2025

SA Men Run 10km, 29:05, 2<sup>nd</sup>  
 Hope Challenge Marathon, 2:21:13, 2<sup>nd</sup>  
 Eye Can Walk 10km, 30:15, 1<sup>st</sup>  
 Balwin Properties Umhlanga Run 10km, 30:18, 2<sup>nd</sup>

### Best Performances 2024

**Dolphin Coast Marathon 10km, 30:33, 1<sup>st</sup>**  
**Durban Runner Half Marathon, 1:07:45, 1<sup>st</sup>**



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## 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 2025

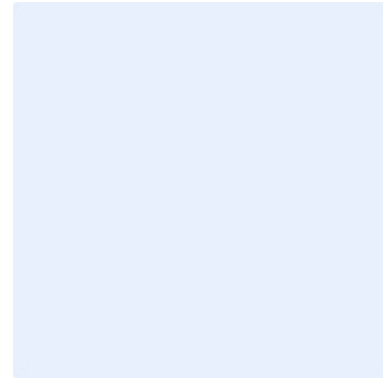
Comrades Marathon, 5:49:37, 19<sup>th</sup>

### 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>



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## 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 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  
Ethekwini 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>



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## CURRICULUM VITAE: Puseletso Mofokeng

### PERSONAL DETAILS

**NAME & SURNAME:** Puseletso Mofokeng  
**DATE OF BIRTH:** 3 March 1993  
**CLUB:** Nedbank Running Club  
**GENDER:** Male  
**NATIONALITY:** South African

### Personal Best Times

Event	Result	Venue	Date
Mile	4:12.03	Hartenbos (RSA)	2023
5000m	14:05.89	Potchefstroom (RSA)	2025
10,000m	29:19.01	Pietermaritzburg (RSA)	2024
10km	29:21	Durban (RSA)	2024
Half Marathon	1:05:12	Pretoria (RSA)	2014
Marathon	2:13:31	Cape Town (RSA)	2024

### Best Performances 2026

Sharpeville Run Half Marathon, 1:07:29, 2<sup>nd</sup>

### Best Performances 2025

Durban International Marathon, 2:16:18, 7<sup>th</sup>  
Potch Invitational Meet 5000m, 14:05.89  
Lets Go Potch Marathon, 2:30:22

### Best Performances 2024

Cape Town Marathon, 2:13:31, Top 10  
Absa Run Your City Durban 10K, 29:21  
South African Championships 10,000m, 29:19.01, 2<sup>nd</sup>



# NEDBANK RUNNING CLUB



## CURRICULUM VITAE: **Namakoe Nkhasi**

### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Namakoe Nkhasi  
**DATE OF BIRTH:** 10 January 1993  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Lesotho

### Personal Bests

Event	Result	Venue	Date
5000m	13:21.68	Durban (RSA)	2016
10,000m	28:06.33	Durban (RSA)	2016
10km	27:52	Durban (RSA)	2022
12km	33:43	Cape Town (RSA)	2017
Half Marathon	1:01:01	Port Elizabeth (RSA)	2022
Marathon	2:19:21	Cape Town (RSA)	2021



### Best Performances 2025

Durban International Marathon, 2:13:14, 3<sup>rd</sup>  
 Biogen Half Marathon 21.1 km, 1:05:53, 1<sup>st</sup>  
 Region 5 Marathon, 1:05:13, 5<sup>th</sup>  
 ABSA Run Your City Joburg 10kk, 29:12, 7<sup>th</sup>  
 ABSA Run Your City Tshwane 10km, 29:37, 8<sup>th</sup>  
 F21 Half Marathon, Phalaborwa, 1:04:00, 2<sup>nd</sup>  
 ABSA Run Your City Durban 10km, 28:42  
 Nelson Mandela Bay Half Marathon, 1:04:17, 12<sup>th</sup>  
 ABSA Run Your City 10km Gqeberha, 28:20, 6<sup>th</sup>

### Best Performances 2024

Absa Run Your City Joburg 10km, 29:35, 4<sup>th</sup>  
 NMB Half Marathon, Pollock Beach, Gqeberha, 1:04:04, 2<sup>nd</sup>  
 African Games, University of Ghana Sports Stadium, Accra, Half Marathon, 1:05:58, 4<sup>th</sup>

### Best Performances 2023

Run your City 10km Johannesburg, 29:07, 1<sup>st</sup>  
 South African 5km Road Running Championships, Johannesburg, 14:26, 1<sup>st</sup>  
 Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:04:33

### Best Performances 2022

Nedbank Running Club Skosana Race, Pretoria 1:05:39, 1<sup>st</sup>  
 Two Oceans Half Marathon, 1:04:02, 10<sup>th</sup>  
 ABSA Run Your City 10km, Cape Town RSA, 28:24 3<sup>rd</sup>  
 ABSA RYC Durban 10km, Durban RSA, 27:52, 2<sup>nd</sup>  
 Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:01:01, 1<sup>st</sup>





**CURRICULUM VITAE: Jackson Ole Koisenge**

**PERSONAL DETAILS**

NAME & SURNAME: Jackson Ole Koisenge  
 DATE OF BIRTH: 1 January 1991  
 CLUB: Nedbank Running Club  
 GENDER: Male  
 NATIONALITY: Kenyan

**Personal Best Times**

Event	Result	Venue	Date
Half Marathon	1:06:49	Johannesburg (RSA)	2026
Marathon	2:12:55	TRACN4 Elands (RSA)	2024

**Best Performances 2026**

Jock of the Bushveld Marathon, 2:24:32, 1<sup>st</sup>  
 Biogen Half Marathon 21.1 km, 1:06:49, 3<sup>rd</sup>

**Best Performances 2025**

Soweto Marathon, 2:22:01, 7<sup>th</sup>  
 21.1 km race, 1:07:59, 2<sup>nd</sup>

**Best Performances 2024**

TRACN4 Elands Marathon, 2:12:55, 1<sup>st</sup>  
 Polokwane City Marathon, 2:20:18, 1<sup>st</sup>  
 Run City of Mbombela Marathon, 2:26:10, 1<sup>st</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,

**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



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## CURRICULUM VITAE: Prosper Mutwira

### PERSONAL DETAILS

**NAME & SURNAME:** Prosper Mutwira  
**DATE OF BIRTH:** 23 January 1996  
**CLUB:** Nedbank Running Club  
**GENDER:** Male  
**NATIONALITY:** Zimbabwe



### Personal Best Times

Event	Result	Venue	Date
Marathon	2:18:43	Gaborone (BOT)	2022

### **Best Performances 2025**

Old Mutual Harare Marathon, 2:21:05

### **Best Performances 2024**

Prince Mangosuthu Ultra Marathon (RSA) 52km, 3:06:15, 7<sup>th</sup>  
Two Oceans Marathon (RSA) 56km, 3:19:22, 17<sup>th</sup>

### **Best Performances 2023**

Prince Mangosuthu Ultra Marathon (RSA) 52km, 3:01:28, 6<sup>th</sup>

### **Best Performances 2022**

Two Oceans Marathon (RSA) 56km, 3:26:59  
Diacore Gaborone Marathon, 2:18:43, 4<sup>th</sup>



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**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>

**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

### 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, 1<sup>st</sup>



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## CURRICULUM VITAE: Tsepo Mathibelle

### PERSONAL DETAILS

NAME & SURNAME: Tsepo Mathibelle  
DATE OF BIRTH: 30 June 1991  
CLUB: Nedbank Running Club Lesotho  
GENDER: Male  
NATIONALITY: Lesotho

### Personal Best Times

Event	Result	Venue	Date
5000m	14:30.6h	Maputo (MOZ)	2011
10000m	31:03.54	Durban (RSA)	2011
Half Marathon	1:04:31	Port Elizabeth (RSA)	2021
Marathon	2:13:50	Beijing (CHN)	2017
50km	2:54:53	Gqeberha (RSA)	2025

### Best Performances 2025

Two Oceans Marathon (RSA) 56km, 3:15:43, 12<sup>th</sup>  
NMB Gqeberha Ultra (RSA) 50km, 2:54:53, 2<sup>nd</sup>

### Best Performances 2024

1 City Marathon, 2:27:01

### Best Performances 2023

JTBC Seoul Marathon, Seoul, 2:20:04, 7<sup>th</sup>

### Personal Performances 2022

Soweto Marathon, 2:25:17, 14<sup>th</sup>



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2026  
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**VISION**

# 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 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>



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**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	4:05:20	Cape Town (RSA)	2024
Comrades	6:56:10	Durban (RSA)	2024

**Best Performances 2025**

Valencia Marathon, 2:48:45  
 Peninsula Marathon, 3:07:27, 4<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: 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>





**CURRICULUM VITAE: Jeannie Henderson**

**PERSONAL DETAILS**

**NAME & SURNAME:** Jeannie Henderson  
**DATE OF BIRTH:** 25 September 1979  
**CLUB:** Nedbank Running Club  
**GENDER:** Female  
**NATIONALITY:** South African

**Personal Best Times**

Event	Result	Venue	Date
10km	38:10	Tshwane (RSA)	2022
Half Marathon	1:21:13	Gqeberha (RSA)	2022
Marathon	2:53:05	Cape Town (RSA)	2021
Two Oceans 56km	3:59:59	Cape Town (RSA)	2024
Comrades 89km	6:53:25	Durban (RSA)	2023

**Best Performances 2025**

Two Oceans Marathon (RSA) 56km, 4:12:29, 15<sup>th</sup>

**Best Performances 2024**

Comrades Marathon - Up Run (RSA) 89km, 6:54:53, 20<sup>th</sup>  
 Two Oceans Marathon (RSA) 56km, 3:59:59, 11<sup>th</sup>

**Best Performances 2023**

Comrades Marathon - Down Run (RSA) 89km, 6:53:25  
 Tshwane North Ultra (RSA) 50km, 3:56:24, 1<sup>st</sup>  
 Irene Running Festival 48K (RSA) 48km, 3:36:33, 6<sup>th</sup>  
 Sanlam Cape Town Marathon, 2:54:54, 14<sup>th</sup>





## CURRICULUM VITAE: Mapaseka Makhanya

### PERSONAL DETAILS

**NAME & SURNAME:** Mapaseka Makhanya  
**DATE OF BIRTH:** 9 April 1985  
**CLUB:** Nedbank Running Club  
**GENDER:** Female  
**NATIONALITY:** South African

### Personal Best Times

Event	Result	Venue	Date
800m	2:03.36	Uden (NED)	2010
1500m	4:08.18	Heusden-Zolder (BEL)	2010
5000m	15:53.61	Nairobi (KEN)	2013
10km	32:49	Durban (RSA)	2013
Half Marathon	1:12:43	South Africa	2017
Marathon	2:31:02	Hannover (GER)	2015

### Best Performances 2025

Lets Go Potch Marathon 21.1 km, 1:28:30

### Best Performances 2024

Dis-Chem Half Marathon 21.1 km, 1:27:10, 8<sup>th</sup>

### Best Performances 2023

Fortress Running Series: Evaton Run 21.1 km, 1:24:16, 3<sup>rd</sup>  
 Rand Water Vaal River City Marathon, 3:17:59, 2<sup>nd</sup>  
 Season's Best Half Marathon, 1:19:01



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## CURRICULUM VITAE: Helene van Rooyen

### PERSONAL DETAILS

**NAME & SURNAME:** Helene van Rooyen  
**DATE OF BIRTH:** 13 February 1981  
**CLUB:** Nedbank Running Club  
**GENDER:** Female  
**NATIONALITY:** South African



### Personal Best Times

Event	Result	Venue	Date
10km	38:58	Bloemfontein (RSA)	2025
Half Marathon	1:26:37	Phalaborwa (RSA)	2025
Marathon	2:53:10	Mpumalanga (RSA)	2024
Comrades	7:12:42	Durban (RSA)	2024

### Best Performances 2026

No verified 2026 results found in the public sources used.

### Best Performances 2025

South African 10km Championships, 38:58  
 F21 Half Marathon, 1:26:37  
 Diepkloof Half Marathon, 1:27:30, 3<sup>rd</sup>

### Best Performances 2024

TRACN4 Elands Marathon, 2:53:10, 3<sup>rd</sup> lady overall  
 Comrades Marathon (up run), 7:12:42



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**CURRICULUM VITAE: Margaret Jepchumba**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Margaret Jepchumba  
**DATE OF BIRTH:** 6 January 1981  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Kenya  
**GENDER:** Female

**PERSONAL BEST**

Event	Result	Venue	Date
Marathon	2:34:33	Soweto (RSA)	2025
50km	3:11:14	Johannesburg (RSA)	2025

**Best Performances 2025**

City2City 50km, 3:11:14, 1<sup>st</sup>  
 Soweto Marathon, 2:34:33, 1<sup>st</sup>

**Best Performances 2024**

Prince Mangosuthu Ultra Marathon (RSA) 52km, 3:42:07, 3<sup>rd</sup>  
 Soweto Marathon, 2:44:55, 2<sup>nd</sup>

**Best Performances 2023**

Durban International Marathon, Durban, 2:48:13, 9<sup>th</sup>  
 SA Run 4 cancer 48km ultra marathon, 3:03:31, 1<sup>st</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>

**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: 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>

### 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>



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## CURRICULUM VITAE: Thabang Mosiako

### PERSONAL DETAILS

**NAME & SURNAME:** Thabang Mosiako  
**DATE OF BIRTH:** 23 February 1995  
**CLUB:** Nedbank Running Club  
**GENDER:** Male  
**NATIONALITY:** South African

### Personal Best Times

Event	Result	Venue	Date
10km	27:45	Lille (FRA)	2023
12km	34:38	Cape Town (RSA)	2018
15km	44:23	Le Puy-en-Velay (FRA)	2024
Half Marathon	59:52	Riga (LAT)	2023
Marathon	2:09:14	Abu Dhabi (UAE)	2024

### Best Performances 2026

HOKA Semi de Paris, 1:00:45, 3<sup>rd</sup>

### Best Performances 2025

Absa Run Your City Joburg 10km, 29:05, 6<sup>th</sup>  
 F21 Half Marathon, Phalaborwa, 1:02:48, 1<sup>st</sup>  
 Absa Run Your City Durban 10km, 28:57  
 Absa Run Your City Cape Town 10Km, 29:06  
 ADNOC Abu Dhabi Marathon, 2:10:49, 5<sup>th</sup>  
 Soweto Half Marathon, 1:05:56, 1<sup>st</sup>

### Best Performances 2024

Absa Run Your City Gqeberha 10km, Gqeberha RSA, 28:30, 4<sup>th</sup>  
 du Puy en Velay 15 Km, Le Puy-en-Velay FRA, 44:23, 3<sup>rd</sup>  
 EDP Lisbon Half Marathon, Lisboa - Elite Event POR, 1:01:42, 6<sup>th</sup>  
 Two Oceans Half Marathon, 1:04:40, 1<sup>st</sup>  
 ADNOC Abu Dhabi Marathon, Abu Dhabi, 2:09:14, 8<sup>th</sup>  
 Absa Run Your City Tshwane 10km, 29:50, 10<sup>th</sup>  
 Absa Run Your City Durban 10km, 27:54, 3<sup>rd</sup>

### Best Performances 2023

Urban Trail de Lille 10km, FRA, 27:45, 6<sup>th</sup>  
 Nelson Mandela Bay Half Marathon, RSA, 1:00:29, 1<sup>st</sup>  
 World Athletics Road Running Championships, LAT, 59:52, 6<sup>th</sup>  
 NMBM Kariega Human Race Half Marathon, 1:03:36, 1<sup>st</sup>  
 ABSA run your city 10km, 27:52, 3<sup>rd</sup>



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**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	1:05:32	Johannesburg(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>

**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





**CURRICULUM VITAE: Daniel Paulus**

**PERSONAL DETAILS**

**NAME & SURNAME:** Daniel Paulus  
**DATE OF BIRTH:** 17 January 1997  
**CLUB:** Nedbank Running Club  
**GENDER:** Male  
**NATIONALITY:** Namibian

**Personal Best Times**

Event	Result	Venue	Date
5000m	13:53.12	Birmingham (GBR)	2022
10,000m	31:02.40	Oshakati (NAM)	2019
10km	27:46	Windhoek (NAM)	2024
Half Marathon	1:01:10	Gqeberha (RSA)	2022
Marathon	2:08:40	Daegu (KOR)	2023

**Best Performances 2025**

Maraton de Cali, 2:15:19, 3<sup>rd</sup>  
 CAA Region 5 Half Marathon, 1:04:12, 1<sup>st</sup>  
 Nelson Mandela Bay Half Marathon, 1:01:51, 2<sup>nd</sup>

**Best Performances 2024**

Vivo Energy Windhoek 10 km, 27:46, 1<sup>st</sup>  
 Nedbank Citi Dash 10 km, 28:53, 1<sup>st</sup>  
 Navachab Gold Mine Half Marathon, 1:04:38, 1<sup>st</sup>  
 Big Hole Marathon, 2:16:50, 3<sup>rd</sup>

**Best Performances 2023**

Daegu International Marathon, 2:08:40, 8<sup>th</sup>  
 Sao Silvestre de Luanda, 29:32, 1<sup>st</sup>





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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	1:12:32	Gqeberha (RSA)	2024

**Best Performances 2026**

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

**Best Performances 2025**

Bilbao 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: Lavinia Haitope**

**PERSONAL DETAILS**

**NAME & SURNAME:** Lavinia Haitope  
**DATE OF BIRTH:** 3 March 1990  
**CLUB:** Nedbank Running Club  
**GENDER:** Female  
**NATIONALITY:** Namibian

**Personal Bests / Major Results**

Event	Result	Venue	Date
10km	33:01	Swakopmund (NAM)	2016
Half Marathon	1:14:11	Gqeberha (RSA)	2025
Marathon	2:36:40	-	2021

**Best Performances 2025**

Nelson Mandela Bay Half Marathon, 1:14:11, 1<sup>st</sup>  
 Navachab Half Marathon, 1:17:35, 1<sup>st</sup>

**Best Performances 2021**

Marathon Personal Best, 2:36:40

**Best Performances 2018-2019**

Commonwealth Games Marathon, 2:40:54, 7<sup>th</sup>  
 African Beach Games Half Marathon, Silver Medal  
 World Cross Country Championships, 52<sup>nd</sup>

