



## CURRICULUM VITAE: Amos Nyongo

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Amos Mkhusele Nyongo  
**DATE OF BIRTH:** 7 May 1986  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South African  
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**CONTACT:** 063 219 0562



### PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Place</u>	<u>Date</u>
10km	29:43	Port Elizabeth	2016
12km	36:57	Cape Town	2019
15km	45:48	Port Elizabeth	2017
Half Marathon	1:06:17	Port Elizabeth	2018
Marathon	2:18:24	Mossel Bay	2019

### Best Performances 2019

Sanlam 10km Peace Run, Cape Town 30:11  
FNB Cape Town 12 ONERUN, Cape Town 36:57  
Melkbos 15km Road Race, Cape Town 46:09, 1st  
Nelson Mandela Bay Half Marathon, Port Elizabeth 1:08:47  
Petro SA Marathon, Mossel Bay 2:18:24, 5<sup>th</sup>

### Best Performances 2018

PetroSA Mossel Bay Marathon 5th 2:18:23  
Gugulethu 10km 2nd 29:51  
Sundowner 10km 2nd 29:55  
FNB12 One run 36:57



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