



Cape Town Marathon Men 2019 PROFILES

A Member of the  **OLDMUTUAL** Group



Nedbank Running Club - Administrative Head Office
Tel: (012) 541 0577
Fax: (012) 541 3752
www.nedbankrunningclub.co.za



CURRICULUM VITAE: Khoarahlane Joseph Seutlaoli



PERSONAL DETAILS

FIRST NAME / SURNAME: Khoarahlane Joseph Seutlaoli
DATE OF BIRTH: 30 March 1992
CLUB: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
EMAIL / CONTACT / TWITTER: viscctv@lantic.net / 082 416 5907

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10,000 Metres	28:47.60	Durban (RSA)	2019
10 Kilometres	30:19	Dongio (SUI)	2018
Half Marathon	1:01:56	Port Elizabeth (RSA)	2019
Marathon	2:22:11	Cape Town (RSA)	2017

Best Marathon Performances 2019

KZNA Championships, Durban (RSA) 28:47, 2nd
 Nelson Mandela Bay Half Marathon, Port Elizabeth 1:01:56, 7th

Best Marathon Performances 2018

Dongio Giro Media Blenio (SUI) 30:19, 12th
 Warszawa PZU Half Marathon (POL) 1:04:40, 7th

Best Marathon Performances 2017

Cape Town Marathon (RSA) 2:22:11, 15th

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CURRICULUM VITAE: Neheng KHATALA



PERSONAL INFORMATION

FIRST NAME / SURNAME: Neheng Khatala
DATE OF BIRTH: 2 July 1992
CLUB: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
EMAIL / CONTACT / TWITTER: viscctv@lantic.net / 082 416 5907

PERSONAL BEST

Event	Result	Venue	Date
800 Metres	2:16.1h	Maputo (MOZ)	2011
1500 Metres	4:37.34	Maputo (MOZ)	2010
10 Kilometres	34:36	Durban (RSA)	2019
Half Marathon	1:12:42	Port Elizabeth (RSA)	2018
Marathon	2:33:41	Cape Town (RSA)	2018

PERFORMANCES 2019

Spar Grand Prix Series 10km, Durban 34:36, 11th
 Semi marathon international de Safi, 1:16:09, 8th
 Harmony Geneva Marathon for Unicef, Genève, 2:37:49, 5th
 Nelson Mandela Bay Half Marathon, Port Elizabeth 1:13:15, 7th

PERFORMANCES 2018

Gold Coast Commonwealth Games 2:51:04, 13th
 SA Half Marathon Champs (EPA) 1:12:42, 4th
 Soweto Old Mutual Half Marathon 1:22:01, 4th
 Cape Town Marathon RSA 2:33:41, 7th

PERFORMANCES 2017

Cape Town Marathon 2:41:43, 10th

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