



MALE ATHLETES - PROFILES



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CURRICULUM VITAE: EDWARD MOTHIBI

PERSONAL DETAILS

FIRST NAME / SURNAME: Edward Mothibi
DATE OF BIRTH: 10 November 1984
CLUB: Nedbank Running Club
NATIONALITY: South African
EMAIL: Eward.mothibi@implats.co.za
CONTACT: 0145690179 / 0837815475



PERSONAL BEST TIMES

Distance	Time	Venue	Year
21km	1:04	P.E -RSA	2010
Marathon	2:16	Potchefstroom RSA	2020
Comrades	5:31	Durban RSA	2019
Two Oceans 56km	3:22	Cape Town	2017

Best Performances 2021

Nedbank Runified 50km 2:47:02, 10th

Best Performances 2020

Phobians Pretoria Marathon (agn)42km 2:31:06, 2nd
 Intercare Classic (agn) 21km 1:07:41, 2nd
 Cape Town Marathon (Potch Race) 2:16:48, 1st

Best Performances 2019

Deloitte Pretoria Marathon 02:29:50, 4th
 Intercare Classic 21km 01:09:31, 2nd
 Om die Dam 50km, 3:05:53
 Comrades Marathon, 5:31:33, 1st
 IAU 50km World Champs Romania, 2:49:49, 5th

Best Performances 2018

Comrades Marathon: 5:36, 4th
 FNB 10km Joburg: 30:50, 9th
 Soweto Marathon: 2:24, 6th
 Akasia marathon: 2:29, 1st



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CURRICULUM VITAE: JOSEPH MANYEDI

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Joseph Manyedi
COUNTRY: R.S.A
DATE OF BIRTH: 24 November 1982
CLUB: Nedbank Running Club
CONTACT: 079 848 3788

PERSONAL BEST PERFORMANCES

Distance	Time	Venue	Year
Half Marathon	1:06:25	Phalaborwa (RSA)	2019
50 km	2:55:37	Om die Dam (RSA)	2019

Comrades Marathon Results

Year	Direction	Time
2019	Up	05:44:34
2018	Down	06:43:04
2017	Up	06:59:49
2016	Down	06:44:56
2015	Up	07:14:40

Bests Performance 2021

Nedbank Runified 50km 2:47:52, 12th

Bests Performance 2020

Om die Dam 50km 3:04:44, 9th
 Tuks Bestmed (agn) 21km 1:09:46, 2nd

Bests Performance 2019

Om die Dam 50km 2:55:37, 1st
 Tuks Bestmed (agn) 21km 1:09:23, 2nd
 Johnson Crane Hire Marathon (cga) 2:23:47, 1st
 Comrades Marathon Up Run, 5:44:34, 5th
 Phalaborwa Foskor 21km, 1:06:25, 2nd
 IAU 50km World Championship 2:51:46, 11th



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CURRICULUM VITAE: Daniel Matshailwe Moselakwe

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Daniel Moselakwe
COUNTRY: R.S.A
CLUB: Nedbank Running Club
D.O.B: 26 December 1993
NATIONALITY: South African
CONTACT: 071 007 1496

PERSONAL BEST TIMES

Distance	Time	Venue	Year
Marathon	2:33:33	Pretoria (RSA)	2020
50km	2:43:45	Port Elizabeth (RSA)	2021

Personal Performances 2021

Nedbank Runified 50km, 2:43:45, 7th

Personal Performances 2020

Om die Dam 50km, 3:03:15, 7th

Tuks Bestmed Marathon, 2:33:33, 4th

Personal Performances 2019

Om Die Dam 50km, 2:57:46, 5th

Bela Bela Superspar (lima) 21km 1:10:40, 1st

Tuks Bestmed (agn) 21km 1:11:30, 5th



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CURRICULUM VITAE: **Phillimon Mathiba**

PERSONAL DETAILS

FIRST NAME / SURNAME: Phillimon Mathiba
DATE OF BIRTH: 2 May 1992
CLUB: Nedbank Running Club CGA
NATIONALITY: South African
EMAIL: phillimonmathiba@gmail.com
CONTACT: 062 630 0922
TWITTER: @Phillim90319981

PERSONAL BEST TIMES

Event	Result	Venue	Date
10 km Road	30:15	Sasolburg (RSA)	2016
Half Marathon	1:02:40	Port Elizabeth	2016
Marathon	2:13:11	Dublin (IRL)	2019



PERSONAL PERFORMANCES 2021

3000m CGA Open Meet Three, Stadium, Boksburg 8:51.48, 10th
 10000m CGA 10,000m Ch., Stadium, Boksburg 30:46.82, 5th

PERSONAL PERFORMANCES 2020

Cape Town Marathon (Pretoria) 2:18:29, 2nd

PERSONAL PERFORMANCES 2019

Dublin Marathon (IRL) 2:13:11. 5th
 5000m Germiston 14:47.74, 5th
 Two Oceans Half Marathon, Cape Town 1:07:39
 Nelson Mandela Bay Half Marathon, Port Elizabeth 1:05:08

PERSONAL PERFORMANCES 2018

1500m Germiston 1st, 3:55.99
 5000m Germiston Central Gauteng Ch. 4th, 14:57.96
 5000m Pretoria South African Ch. 18th, 15:10.16
 10,000m Germiston 5th, 9:50.7h



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CURRICULUM VITAE: **Lebenya Nkoka**

PERSONAL DETAILS

NAME / SURNAME: Lebenya Nkoka
DATE OF BIRTH: 23 November 1986
CLUB: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
EMAIL / CONTACT: lebenyankoka@gmail.com / 078 832 9870

PERSONAL BEST TIMES

Distance	Time	Venue	Year
10 Kilometres	29:44	Roodeport (RSA)	01 OCT 2006
20 Kilometres	1:02:51	George (RSA)	14 OCT 2006
Half Marathon	1:02:33	Port Elizabeth (RSA)	28 JUL 2018
Marathon	2:12:20	Bloemfontein (RSA)	16 APR 2016

Best Performances 2021

Nedbank Runified 50km 2:44:23, 8th
 SA Half Marathon 1:03:58

Best Performances 2019

FNB Joburg 10K Cityrun, Johannesburg 31:22, 13th
 Mandela Day Marathon, Howick 2:28:46, 5th
 Soweto Marathon, Soweto 2:19:36, 6th

Best Performances 2018

Johannesburg 10 km, Johannesburg 30:34, 8th
 Port Elizabeth Half Marathon, Port Elizabeth 1:02:33, 10th
 Howick Mandela Half Marathon, Howick 1:03:24, 4th

Two Oceans 56km Performances

2010	03:27:02	30 th
2011	03:25:00	29 th
2012	03:14:42	12 th
2013	03:13:18	9 th
2014	03:09:52	1 st
2018	03:10:32	2 nd
2019	03:24:28	16 th



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CURRICULUM VITAE: **Isaac Mpofu**

PERSONAL DETAILS

FIRST NAME / SURNAME: Isaac Mpofu
DATE OF BIRTH: 20 August 1988
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
800 Metres	1:56.83	Bulawayo (ZIM)	2020
5000 Metres	14:42.40	Bulawayo (ZIM)	2020
Half Marathon	1:06:42	Victoria Falls (ZIM)	2014
Marathon	2:13:31	Siena (ITA)	2021

Best Performances 2021

Xiamen Marathon & Tuscany Camp Global Elite Race, SienaITA 2:13:31

Best Performances 2020

Zimbabwean Ch. 800m, White City Stadium, Bulawayo ZIM 1:56.83, 3rd
 Zimbabwean Ch. 5000m, White City Stadium, Bulawayo ZIM 14:42.40, 2nd

Best Performances 2019

Soweto Half Marathon & 10km, Soweto 1:10:15, 10th
 Petro SA Marathon, Mossel Bay 2:15:10, 2nd
 IAAF World Championships in Athletics, Corniche, Doha 2:29:24



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CURRICULUM VITAE: **Ngonidzashe Ncube**

PERSONAL DETAILS

FIRST NAME / SURNAME: Ngonidzashe Ncube
DATE OF BIRTH: 12 July 1986
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
Half Marathon	1:06:37	Gutu (ZIM)	2012
Marathon	2:12:25	Siena (ITA)	2021

Best Performances 2021

Xiamen Marathon & Tuscany Camp Global Elite Race, Siena/ITA 2:12:25

Best Performances 2020

Soweto Half Marathon & 10km, Soweto 1:08:42, 7th

Petro SA Marathon, Mossel Bay 2:14:15, 1st

IAAF World Championships in Athletics, Corniche, Doha 2:18:42

Best Performances 2019

Gaborone Marathon, Gaborone BOT 2:17:50, 3rd

Cape Town Marathon, Cape Town 2:20:51



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CURRICULUM VITAE: **Thatayaone Kelapile**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Thatayaone Kelapile
COUNTRY: Botswana
CLUB: Nedbank Running Club
D.O.B: 28 September 1993
CONTACT: thatayaonekelapile048@gmail.com

Personal Performances 2019

Itergreaty 10km road race, 30:00
 Gaborone Deacore Marathon time, 2:23:00
 Selibe phikwe national marathon 2019, 2:22

Personal Performances 2018

Gaborone deacore marathon, 2:23:15

Personal Performances 2017

Maitengwe 10km, 30:00, 1st
 Nata 15km race, 46:00, 1st
 Great BW marathon 50km, 3:00:00

Personal Performances 2016

Gabs half marathon 21km, 1:07:00

Personal Performances 2015

Be mobile marathon 42km, 2:25:00, 3rd



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CURRICULUM VITAE: Tšepo Mathibelle

PERSONAL DETAILS

NAME / SURNAME: Tšepo Mathibelle
DATE OF BIRTH: 30 June 1991
CLUB: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
CONTACT: 078 832 9870



PERSONAL BEST TIMES

Distance	Time	Venue	Year
5000m	14:30.6h	Maputo (MOZ)	2011
10,000m	31:03.54	Durban (RSA)	2011
Half Marathon	1:06:06	Knysna (RSA)	2015
Marathon	2:13:50	Beijing (CHN)	2017

Best Performances 2021

Nelson Mandela Bay Half Marathon, Port Elizabeth, 1:04:31

Best Performances 2017

Qunu Heroes Half Marathon, Qunu RSA 1:09:50, 3rd
 Seoul Marathon, Seoul KOR 2:16:11, 13th
 Ottawa Marathon, Ottawa CAN 2:25:13, 24th
 Beijing Marathon, Beijing CHN 2:13:50, 6th
 Soweto Old Mutual Marathon, Soweto RSA 2:19:41, 1st



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Name: Gebru nguse redahgne

Male

DOB: 28 March 2000

4th IN THE ABEDE BIKILA MARATHON IN ADDIS ABABA ON JUNE 6TH, 2021 in a time of 2:22



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CURRICULUM VITAE: GERDA STEYN

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Gerda Steyn
COUNTRY: R.S. A
DATE OF BIRTH: 1990/03/03
CLUB: Nedbank Running Club
EMAIL: gerda.run@gmail.com
CONTACT: 072 656 3030
TWITTER: @gerdarun

PERSONAL BEST PERFORMANCES

Distance	Time	Location	Date
10km	32:24	Dubai	2020
Half Marathon	1:10:55	UAE	2020
Marathon	2:25:28	Italy	2021
Two Oceans 56km	3:31:28	Cape Town	2019
Comrades	5:58:53	Durban	2019



Best Performances 2021

Racenight, DSC Athletics Track 3000m, Dubai 9:22.19, 1st
Xiamen Marathon & Tuscany Camp Global Elite Race 2:25:28, 9th
Olympics Tokyo Marathon, 2:32:10, 15th
Spar Grand Prix Durban, 33:07, 3rd

Best Performances 2020

Dubai 10km 32:24, 1st
Ras Al Khaimah Half Marathon, 1:10:55, 13th
London Marathon 2:26:51, 7th

Best Performances 2019

TCS New York City Marathon, New York, NY 2:27:48, 11th
RAK Half Marathon, Ras Al Khaimah (UAE) 1:12:35, 9th
Two Oceans 56km 3:31:28, 1st
Comrades Marathon 5:58:53, 1st (New Record)
SA Half Marathon 1:11:54, 4th
Asda Foundation Middlesbrough 10km, 33:05, 1st
FNB Joburg 10K Cityrun, Johannesburg 34:31, 3rd



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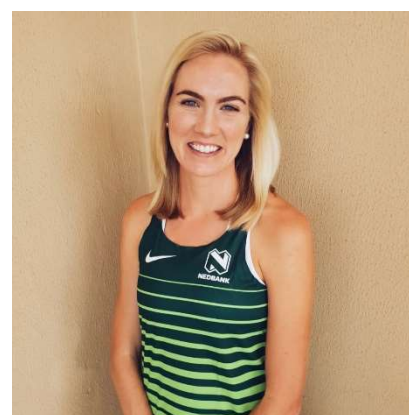
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CURRICULUM VITAE: **Stella Marais**

PERSONAL DETAILS

FIRST NAME / SURNAME: Stella Marais
DATE OF BIRTH: 25 November 1992
CLUB: Nedbank Running Club
NATIONALITY: South African
EMAIL: maraisstella@gmail.com
CONTACT: 079 192 3253
TWITTER: @StellaMarais1
ISTAGRAM: #stellamarais



PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
800 Metres	2:11.50	Polokwane (RSA)	2016
1000 Metres	2:52.88	Johannesburg (RSA)	2016
1500 Metres	4:23.94	Port Elizabeth (RSA)	2016
3000 Metres	9:51.37	Stellenbosch (RSA)	2015
5000 Metres	16:18.38	Stellenbosch (RSA)	2021
10,000 Metres	38:01.52	Germiston (RSA)	2019
10Km	35:00	Cape Town (RSA)	2017
Half Marathon	1:18:48	Port Elizabeth (RSA)	2018

Best Performances 2021

CGA Open Meet One 5000m, Stadium, Boksburg, 17:29.80, 2nd
 AGN League 1, 5000m, Bestmed Tuks Stadium, Pretoria, 17:03.53, 2nd
 Invitational Middle Distance Track Series 5000m, Coetzenburg Stadium, 16:18.38, 3rd
 AGN Ch. 5000m, Bestmed Tuks Stadium, Pretoria, 17:09.79, 3rd
 South African Ch. 5000m, Bestmed Tuks Stadium, Pretoria, 16:45.03, 5th
 Nelson Mandela Bay Half Marathon, Port Elizabeth, 1:20:38
 Spar Ladies Pietermaritzburg, 35:39, 10th

CAREER HIGHLIGHTS

1st SA Championship 4km Cross Country George, 2016
 1st SA Championship 8km Mixed Relay Cross Country Potchefstroom, 2017
 2nd place SA Championship 4km Cross Country, Potchefstroom
 1st place USSA Championship 4km Cross Country, Kimberly 2017
 15th Overall in the Spar GrandPrix competition, 2018
 10th place SA Championship 21km, Port Elizabeth, 2018



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CURRICULUM VITAE: **Patience Murowe**

PERSONAL DETAILS

FIRST NAME / SURNAME: Patience Murowe
DATE OF BIRTH: 28 Augustus 1988
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe
EMAIL: pgarauzive6@gmail.com
CONTACT: [+263 77 915 1505](tel:+263779151505)

PERSONAL BEST

Event	Result	Venue	Date
10 km Road	34:04	Port Elizabeth (RSA)	2019
21 km Road	1:15:55	Harry Gwala	2016

PERSONAL PERFORMANCES 2021

Nelson Mandela Bay Half Marathon, Port Elizabeth, 1:18:41, 20th

PERSONAL PERFORMANCES 2020

Phobians Pretoria (agn) 21km 1:26:01

PERSONAL PERFORMANCES 2019

Deloitte Pretoria (agn) 21km, 1:24:50

Two Oceans 21km 1:19:02, 7th

Spar Ladies PE 34:04, 8th

Spar Ladies CT 35:29

Spar Ladies Durban 34:27, 10th

Spar Ladies Pretoria 36:45, 10th

PERSONAL PERFORMANCES 2018

Outsurance Kfm Gun Run (wp) 21km, 1:17:39

Spar Womens Race (agn) 10km, 37:33

Old Mutual Two Oceans (wp) 21km, 1:17:33

PERSONAL PERFORMANCES 2017

1st, Johnsoncrane 21km, 1:18:29

1st, Deloitte 21km, 1:20:26

Spar Ladies Cape Town (wp), 10km, 35:27



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Name: Sinke Dessie Biyadgilgn

Female

DOB: 11 October 1994

Recent Performances

4th IN THE ABEDE BIKILA MARATHON IN ADDIS ABABA ON JUNE 6TH, 2021 in a time of 2:45:14

5km	16:56	Reston, VA (USA)	04 JUL 2016
10km	32:32	New York, NY (USA)	09 APR 2017
15Km	54:17	Utica, NY (USA)	10 JUL 2016
Half Marathon	1:13:12	Cardiff (GBR)	26 MAR 2016
Marathon	2:32:17	Hong Kong (HKG)	17 FEB 2019

Name: Aynalem kasahun Teferi

Female

DOB: 28 nov 1993

Half Marathon	1:16:16	Oromiya ETH	14 Feb 2016
Marathon	2:28:18	Barcelona ESP	15 Mar 2015



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