



**Cape Town Marathon
2025
Nedbank Running Club Male – PROFILES**





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 2025

ABSA Run Your City Joburg 10km, 29:05, 6th
 F21 Half Marathon, Phalaborwa, 1:02:48, 1st
 ABSA Run Your City Durban 10km, 28:57
 ABSA Run Your City Cape Town 10Km, 29:06

Best Performances 2024

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

Best Performances 2023

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

Best Performances 2022

ACNW Ch., 5000m, Potchefstroom RSA, 14:22.02, 1st
 South African Championships, 5000m, Cape Town RSA, 13:58.64, 5th
 ABSA Run Your City 10km, Cape Town RSA, 28:43, 9th
 ABSA RYC Durban 10k, Durban RSA, 28:26, 9th
 ABSA Run Your City Joburg 10km, Johannesburg RSA, 31:14, 12th
 10km de Figuig, Figuig MAR, 29:28, 3rd



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



PERSONAL PERFORMANCES 2025

Nelson Mandela Bay Half Marathon, Gqeberha (RSA), 1:04:40, 13th
 Cape Town Festival of Running Half Marathon, 1:07:01, 1st
 Elvis Brew to Brew 12km, 33:53, 1st
 Knysna Forest Half Marathon, 1:05:16, 1st

PERSONAL PERFORMANCES 2024

Peninsula Marathon, 2:22:25, 1st
 Two Oceans 56km, 3:09:58, 2nd
 Weskus Marathon, 2:24:22, 1st
 Meiringspoort Half Marathon, 1:00:46, 1st
 Absa Run Your City Durban 10K, 28:56, 14th
 ABSA Run Your City Cape Town 10K, 28:55, 8th

PERSONAL PERFORMANCES 2023

Weskus Marathon, 2:21:27, 1st
 Klein Karoo Street Mile (Eden Street Miles), Oudtshoorn RSA, 4:19.57, 12th
 ATKV Street Mile (Eden Street Miles), Hartenbos RSA, 4:23.18, 11th
 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, 2nd

PERSONAL PERFORMANCES 2020

Cape Peninsula Half Marathon, Cape Town 1:05:25, 3rd

PERSONAL PERFORMANCES 2019

Outeniqua (swd) 21km 1:09:57, 1st
 Cango (swd) 21km 1:08:37, 4th
 Beaufort West Kanniedood (swd) 21km 1:07:28, 1st





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	5:42:11	Durban (RSA)	2025

Best Performances 2025

Two Oceans 56km, 3:14:13, 9th
 Comrades Marathon - 89km, 5:42:11, 13th

Best Performances 2024

Runified 50km, 2:51:25, 4th
 Comrades Marathon - 86km, 5:57:44
 1 City Marathon, 2:21:20, 4th

Best Performances 2023

Durban International Marathon, Durban, RSA, 2:25:34
 Bay to Bay 30km, 1:36:34, 2nd
 Two Oceans 56km, 3:14, 9th

Best Performances 2022

ABSA Run Your City 10km, Cape Town, RSA, 31:13
 OUTsurance Gun Run, Cape Town, RSA, 1:09:18
 Cape Peninsula Marathon, Cape Town, RSA, 2:22:00, 1st
 Two Oceans 56km, 3:14, 7th

Best Performances 2021

WPA Track & Field Championship 5000m, Cape Town, RSA, 15:25.11, 9th
 Invitational Middle Distance Track Series 5000m, Stellenbosch, RSA, 15:19.17, 2nd
 Cape Town 12K CITYRUN, Cape Town, RSA, 39:35
 Sanlam Cape Town Marathon, RSA, 2:18:33





**Cape Town Marathon
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Nedbank Running Club Female – PROFILES**





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	2:47:49	North West (RSA)	2020
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, 2nd
 Two Oceans Marathon 56km, 3:59:11, 10th

Best Performances 2024

Peninsula Marathon, 2:47:51, 2nd
 City2City 50km, 3:31:33, 3rd
 Comrades Marathon - Up Run (RSA) 86km, 6:28:41, 11th
 Cape Town Marathon, 2:53:04

Best Performances 2023

Hyderabad Ultra Marathon - 50km open race (IND), 3:25:54, 10th
 Comrades Marathon - Down Run (RSA) 87km, 6:36:56, 13th
 N12 Ultra Marathon (RSA) 50km, 3:34:35, 4th
 50Km Nedbank Ultra Marathon Runified - women's race (RSA) 50km, 3:33:43, 12th

Best Performances 2020

Aurum Klerksdorp Marathon 2:47:49, 1st

Best Performances 2019

Johnson Crane Hire Marathon 2:58:00, 3rd
 Tuks Bestmed (agn) 21km 1:28:36
 Sasol Sasolburg (fs) 42km 3:01:26
 Comrades Marathon, 87km, 7:01:20, 12th





CURRICULUM VITAE: **Stella Marais**

PERSONAL DETAILS

FIRST NAME / SURNAME: Stella Marais
DATE OF BIRTH: 25 November 1992
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
800m	2:11.50	Polokwane (RSA)	2016
1000m	2:52.88	Johannesburg (RSA)	2016
1500m	4:23.94	Port Elizabeth (RSA)	2016
3000m	9:51.37	Stellenbosch (RSA)	2015
5000m	16:18.38	Stellenbosch (RSA)	2021
10,000m	38:01.52	Germiston (RSA)	2019
10Km	34:22	Durban (RSA)	2021
Half Marathon	1:16:14	Port Elizabeth (RSA)	2022
Marathon	2:38:22	Cape Town (RSA)	2022
50km	3:12:51	Port Elizabeth (RSA)	2023

Best Performances 2025

Loskop 50km, 2:55:23

Best Performances 2023

50Km Nedbank Ultra Marathon Runified - women's race (RSA), 3:12:51, 6th

NN Marathon Rotterdam, 2:45:52

50km World Championships, Hyderabad, 3:22:04, 6th

Best Performances 2022

ABSA Run Your City 10km, Cape Town RSA, 36:49

Nelson Mandela Bay Half Marathon RSA, 1:16:14, 12th

Cape Peninsula Marathon, Cape Town RSA 2:38:22, 1st

SPAR Grand Prix Durban 10km, Durban RSA, 35:20

SPAR Grand Prix Tshwane 10km, Tshwane RSA, 36:42, 11th

ABSA Run Your City Joburg 10km, Johannesburg RSA, 35:28, 6th

SPAR Grand Prix Joburg 10km, Johannesburg RSA, 36:14, 11th

Totalsports Two Oceans Half Marathon, Cape Town RSA, 1:17:36, 7th

Durban International Marathon, Durban - South African Marathon Ch. RSA, 2:46:30, 4th

Sanlam Cape Town Marathon, Cape Town RSA, 2:38:34, 8th

