



# COMRADES MARATHON 2019 MALE – PROFILES



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



## 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 / CONTACT:**

[Edward.mothibi@implats.co.za](mailto:Edward.mothibi@implats.co.za) / 0145690179 / 0837815475

### **PERSONAL BEST TIMES**

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
21km	1:04	P.E -RSA	2010
Marathon	2:24	Soweto RSA	2018
Comrades	5:36	Durban RSA	2018
Two Oceans 56km	3:22	Cape Town	2017

### **Best Performances 2019**

Deloitte Pretoria Marathon 02:29:50, 4<sup>th</sup>

Intercare Classic 21km 01:09:31, 2<sup>nd</sup>

### **Best Performances 2018**

Comrades Marathon: 5:36, 4<sup>th</sup>

FNB 10km Joburg: 30:50, 9<sup>th</sup>

Soweto Marathon: 2:24, 6<sup>th</sup>

Akasia marathon: 2:29, 1<sup>st</sup>

### **Best Performances 2017**

Two oceans marathon: 3:22, 17<sup>th</sup>

Mandela Marathon: 2:31, 9<sup>th</sup>

Soweto Marathon: 2:25, 9<sup>th</sup>

### **Best Performances 2016**

S.A 21km champs :1:05,

Jacaranda half marathon: 1:06, 2<sup>nd</sup>

25km mountain race (Rustenburg) 1:31

Two oceans Marathon 3:41

Soweto marathon: 2:25 7<sup>th</sup> place



Nedbank Running Club - Administrative Head Office

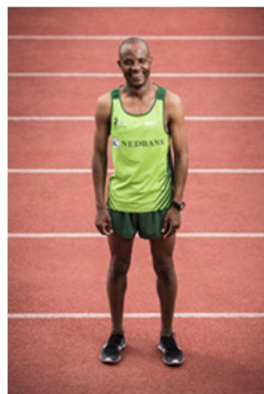
Tel: (012) 541 0577

Fax: (012) 541 3752

[www.nedbankrunningclub.co.za](http://www.nedbankrunningclub.co.za)



## CURRICULUM VITAE: Ludwick MAMABOLO



### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Ludwick Mamabolo  
**COUNTRY:** R.S.A  
**DATE OF BIRTH:** 14 April 1977  
**CLUB:** Nedbank Running Club AGN  
**EMAIL / CONTACT / TWITTER:** [modibemamabolo@gmail.com](mailto:modibemamabolo@gmail.com) / 072 232 0144 / @ludwickmamabolo

### PERSONAL BEST PERFORMANCES

Half Marathon 1:07:37  
 Marathon 2:20:48  
 50 km Road 2:49:55

### Comrades Marathon Results

2010 Down, 05:35:29, 2nd  
 2011 Up, 05:50:18, 7th  
 2012 Down, 05:31:03, 1st  
 2013 Up, 05:45:49, 4th  
 2014 Down, 05:33:14, 2nd  
 2016 Down, 05:24:05, 2nd  
 2017 Up, 05:42:40, 4th

### Two Oceans 56km Results

2004, 03:19:44, 21st  
 2008, 03:18:02, 11th  
 2009, 03:14:43, 7th  
 2010, 03:20:52, 18th  
 2011, 03:16:33, 18th  
 2012, 03:22:48, 25th  
 2016, 03:17:52, 6th  
 2017, 03:21:42, 15th  
 2018, 03:35:27, 45th

### Bests Performance 2019

Mall of The North (Iima) 42km, 2:41:49

### Bests Performance 2018

3rd Mall of The North (Iima) 42km 2:34:58  
 5th Marula Festival (Iima) 21km 1:11:58



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





## 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 AGN  
**EMAIL / CONTACT / TWITTER:** 079 848 3788

### PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
50 km	2:55:37	RSA	2019

### Comrades Marathon Results

2018	Down	06:43:04
2017	Up	06:59:49
2016	Down	06:44:56
2015	Up	07:14:40

### Bests Performance 2019

Om die Dam 50km 2:55:37, 1<sup>st</sup>  
 Tuks Bestmed (agn) 21km 1:09:23, 2<sup>nd</sup>  
 Johnson Crane Hire Marathon (cga) 2:23:47, 1<sup>st</sup>



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



## CURRICULUM VITAE: John April



### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** John April  
**COUNTRY:** R.S.A  
**DATE OF BIRTH:** 2 March 1989  
**CLUB:** Nedbank Running Club SWD  
**CONTACT / EMAIL / TWITTER:** 0738779329

### PERSONAL BEST PERFORMANCES

DISCIPLINE	PERFORMANCE	PLACE	DATE
56km	3:38:40	Two Oceans (RSA)	2018

### 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  
 27 For Freedom (wp) 27km 1:35:29, 3rd  
 Bay To Bay (wp) 30km 1:46:54, 11th

### PERSONAL PERFORMANCES 2018

Meiringspoort Live Life (swd) 21km 1:09:11, 3rd  
 Sanlam Cape Town (wp) 42km 2:28:41  
 Run With The Stars (swd) 10km 32:07, 2nd  
 Schoemanshoek (swd) 21km 1:12:45, 2nd  
 Old Mutual Two Oceans (wp) 56km 3:38:40

### PERSONAL PERFORMANCES 2017

Sanlam Cape Town Marathon (wp) 42km 2:30:16  
 George Herald Run With Stars (swd) 10km 32:19, 2nd  
 Outeniqua (swd) 21km 1:14:40, 3rd  
 Old Mutual Two Oceans Ultra (wp) 56km 3:49:17  
 Two Lagoons (swd) 30km 1:59:11, 3rd  
 Cango (swd) 42km 2:29:13, 1st



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



## CURRICULUM VITAE: Lindikhaya Mthangayi



### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Lindikhaya Mthangayi  
**DATE OF BIRTH:** 4 June 1979  
**CLUB:** Nedbank Running Club WPA  
**NATIONALITY:** South African  
**EMAIL / CONTACT:** 083 743 1996

### PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
1500 Metres	3:47.42	Bellville (RSA)	2002
5000 Metres	13:41.96	Durban (RSA)	2002
10,000 Metres	29:20.30	Stellenbosch (RSA)	2005
10 Kilometres	28:24	Stellenbosch (RSA)	2009
15 Kilometres	45:43	Cape Town (RSA)	2004
Half Marathon	1:01:32	Port Elizabeth (RSA)	2009
Marathon	2:20:46	Durban (RSA)	2009
Two Oceans 56km	3:21:30	Cape Town (RSA)	2019
Comrades	6:33:11	Pietermaritzburg (RSA)	2018

### Best Performances 2019

Peninsula Marathon, Simon's Town (RSA) 2:27:01, 1st  
 Two Oceans 56km 3:21:30, 13th

### Best Performances 2018

Cape Town Marathon 2:21:17  
 Two Oceans 56km 3:28:06



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





## CURRICULUM VITAE: **Professa Mthethwa**



### **PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Professa Mthethwa  
**DATE OF BIRTH:** 1994  
**CLUB:** Nedbank Running Club AGN  
**NATIONALITY:** South African  
**EMAIL / CONTACT / TWITTER:** 072 836 9499

### **PERSONAL BEST TIMES**

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
50 km	3:07:15	Hartbeespoort (RSA)	2019
Two Oceans 56km	3:38:05	Cape Town (RSA)	2017
Comrades	5:56:59	Pietermaritzburg	2018

### **Best Performances 2019**

Om Die Dam 50km (RSA) 3:07:15, 13th  
 Gert Sibande District Municipality (mpu) 21km 1:12:06  
 Uniwisp 5 In 1 (mpu) 21km 1:10:03, 3rd

### **Best Performances 2018**

Comrades Marathon - Down Run (RSA) 5:56:59, 17th  
 Om Die Dam 50km (RSA) 3:14:32, 11th  
 Ehlanzeni (mpu) 21km 1:10:24, 5th  
 Izimbiwa (mpu) 42km 2:33:23, 2nd

### **Best Performances 2017**

Comrades Marathon - Up Run (RSA) 6:04:15, 23rd  
 Two Oceans Marathon (RSA) 56km 3:38:05

### **Best Performances 2016**

Comrades Marathon - Down Run (RSA) 89km 7:02:57  
 Om Die Dam 50km (RSA) 3:21:02 16

### **Best Performances 2015**

Comrades Marathon - Up Run (RSA) 6:54:29



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



## CURRICULUM VITAE: Moeketsi MOSUHLI



### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Moeketsi Mosuhli  
**DATE OF BIRTH:** 05 August 1981  
**CLUB:** Nedbank Running Club Lesotho  
**NATIONALITY:** Lesotho  
**EMAIL / CONTACT / TWITTER:** 078 832 9870

### PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
1500 Metres	3:47.36	Melbourne (AUS)	2006
3000 Metres	8:26.65	Réduit (MRI)	2004
10km	28:57	Durban (RSA)	2009
2 km	1:03:00	George (RSA)	2006
Half Marathon	1:03:41	Phalaborwa (RSA)	2009
Marathon	2:14:03	Durban (RSA)	2008
Two Oceans 56km	3:07:29	Cape Town (RSA)	2010

### Two Oceans 56km Performances

2018	03:14:53	8th
2017	03:17:30	11th
2016	03:35:26	34th
2015	03:13:45	3rd
2013	03:10:22	3rd
2012	03:13:05	11th
2011	03:09:42	4th
2010	03:07:29	2nd



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





**Name** Melly Kennedy Kiptoo

**Gender** Male

**Date of Birth** 31 December 1981

**Nationality** Kenya

**Results:** Winner Ethkweni Marathon Durban 2016, 2015  
 Pertro SA Marathon, 5<sup>th</sup> and 4<sup>th</sup>  
 All in Africa 56km 1<sup>st</sup> – 3H08  
 Vaal Marathon 2018 – 1<sup>st</sup>  
 Mandela Marathon 2016 3<sup>rd</sup> and 2017 4<sup>th</sup>



**Comments:** Melly has been coming to South Africa since 2012 to race and apply his trade. He has learned how to run in South Africa and has adapted to the conditions very well. Notching up wins at some incredibly tough events such as Ethkweni Township to Township Marathon twice.

Qualified last year for 2 Oceans with a 2H18 at Kilimanjaro Marathon where he was 7<sup>th</sup> position and finished two oceans in 4<sup>th</sup> which is one better than 2017 where he was 5<sup>th</sup>. Melly was the fastest qualifier on the start line of the 2018 event. Having 2 top 10 finishes in the 56km race Melly has been able to adjust his programme to have an all-out effort at the top podium position in 2019. An extremely disciplined athlete who is hungry for success at the Ultra Distance.

Melly lives in Kapsabet but does the majority of his training in Ngong.

**Contact:** Craig Fry Management  
[Craigfry276@gmail.com](mailto:Craigfry276@gmail.com)  
 +27 74 737 2729  
 IAAF Authorised Athlete Representative



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



**Name** Justin Chesire Kemboi

**Gender** Male

**Nationality** Kenya

**Results:**

- 2018 Two Oceans Winner
- 2018 4<sup>th</sup> Mandela Marathon
- 2018 5<sup>th</sup> Soweto Marathon
- 2019 3<sup>rd</sup> Two Oceans Winner

**Comments:** Before the 2018 Two Oceans Marathon Justin had not competed outside of Kenya as well has not competed to assess his own ability as an athlete. For the past 5 years he has be responsible for being the main pace man for some of the biggest names in Ladies Marathon running on the World stage. Coming into the 56km event in 2018 he was an unknown quantity as well as had very little or no experience at running at the front end of the field of the men's race. Training methods in 2018 were very simple, 2 long runs of 50km and 48km 6 weeks out and then pretty much the standard Kenya Marathon programme. Speed work sessions of around 17km once or at times twice a week.

Justin returned to Mandela marathon which he found tough going and finished in 4<sup>th</sup> albeit a very strong finish as he left his charge very late in the race.

Justin is in the mould of a Stephen Muzingi where he does not over think the race he simply gets out there and does the job. Since winning the 2018 edition of 2 Oceans he has had time to discuss training methods with the coach and has adjusted some sessions in order to assist him to go faster in 2019.

**Contact:** Craig Fry Management  
[Craigfry276@gmail.com](mailto:Craigfry276@gmail.com)  
 +27 74 737 2729  
 IAAF Authorised Athlete Representative



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





## CURRICULUM VITAE: Elov Olsson



### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Elov Olsson  
**DATE OF BIRTH:** 26 July 1989  
**CLUB:** Nedbank International  
**NATIONALITY:** Sweden  
**EMAIL / CONTACT / TWITTER:** [elov.olsson@gmail.com](mailto:elov.olsson@gmail.com) / @elovolsson

### PERSONAL BEST TIMES

Distance	Time	Venue	Year
5000 Metres	15:40.9	Gävle (SWE)	2018
Marathon	2:33:30	Stockholm (SWE)	2016
Comrades	6:01:38	Pietermaritzburg	2018

### Personal Performances 2018

5000 Metres 15:40.9h Gävle (SWE)  
 Comrades Marathon Down Run 06:01:38, 22nd  
 Ultra-Trail Cape Town 100km 10:41:49, 2<sup>nd</sup>  
 IAU 100km WC, Sveti Martin (CRO), 6:46:03, 5th

### Personal Performances 2017

Ultravasan 90km 1st, 6:07:37  
 The Broken Arrow Skyrace 3rd, 44:29  
 Black Canyon Ultras 100Km 2nd, 7:58:09  
 IAU 100K World Championships 100Km 11th, 6:44:24  
 Wing for Life 7<sup>th</sup> Globally - 75km

### Personal Performances 2016

Ultravasan 90km 8th 6:31:06  
 Endurance Trail des Templiers 100K 14th, 12:47:14

### Personal Performances 2014

Ultravasan 90km 8th, 6:46:16  
 Täby Extreme Challenge 100 Miler 2nd, 13:38:12

### Personal Performances 2013

Täby Extreme Challenge 50 Miler 1st, 6:46:11



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





## CURRICULUM VITAE: Fritjof Fagerlund



### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Fritjof Fagerlund  
**DATE OF BIRTH:** 27 June 1974  
**CLUB:** Nedbank International  
**NATIONALITY:** Sweden  
**EMAIL / CONTACT / TWITTER:** [ffagerlund@gmail.com](mailto:ffagerlund@gmail.com)

### PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
Marathon	2:27:35	Wien (AUT)	2019
100 Kilometres	6:55:31	Doha (QAT)	2014
Comrades	5:45:21	Pietermaritzburg	2016

### Personal Performances 2019

Vienna City Marathon, Wien 2:27:35

### Personal Performances 2018

Comrades Down Run, 05:53:39, 15th  
 Rotterdam Marathon (NED), 2:33:35  
 Málaga Marathon (ESP) 14<sup>th</sup>, 2:28:01

### Personal Performances 2017

Transgrancanaria 125km 14:57:29, 15<sup>th</sup>  
 Comrades Marathon - Up Run 89km 5:49:54, 10<sup>th</sup>  
 Marathon Wien (AUT) 2:28:09

### Personal Performances 2016

IAU 100km World Championships Los Alcazares 6:45:28, 14th  
 IAU Trail WC Trans Peneda-Geres, Braga 85km 9:26:07, 19th  
 UltraVasan 90km 6:16:05 2nd  
 Comrades Marathon - Down Run 89km 5:45:21, 14th

### Personal Performances 2015

16th Festival des Templiers - Le Grande Course 73km 7:38:39  
 6th RUN Winschoten 100 km 6:42:51  
 1st UltraVasan 45km 2:45:30



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



## CURRICULUM VITAE: Geoff Burns



### PERSONAL DETAILS

**FIRST NAME / SURNAME:**

Geoff Burns

**DATE OF BIRTH:**

05 March 1990

**CLUB:**

Nedbank International

**NATIONALITY:**

US

**EMAIL / CONTACT / TWITTER:**

[geoffrey.t.burns@gmail.com](mailto:geoffrey.t.burns@gmail.com) / @geoffreyburns

### PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
3000 Metres	8:43.71	Ann Arbor, MI (USA)	2009
5000 Metres	15:09.66	East Lansing, MI (USA)	2013
Half Marathon	1:07:41	Columbus, OH (USA)	2014
Marathon	2:24:58	New Orleans, LA (USA)	2016
Comrades	5:49:04	Pietermaritzburg	2018

### Best Performances 2018

Croatia 100km - total (WC,WMA,open) (CRO) 6:42:30 5<sup>th</sup>

IAU 100km WC, Sveti Martin (CRO) 6:42:30 5<sup>th</sup>

Comrades Marathon - Down Run (RSA) 5:49:02 12<sup>th</sup>

### Best Performances 2017

Chicago Lakefront Fall 50Mile 5:14:55, 1<sup>st</sup>

### Best Performances 2016

IAU 100km World Championships Los Alcazares 6:38:34, 5<sup>th</sup>

UltraVasan 90km 7:31:49, 28<sup>th</sup>

Mad City 100Km Road Race 6:30:37, 1<sup>st</sup>

### Best Performances 2015

IAU 50km World Championships 3:06:38, 10<sup>th</sup>

Two Hearted Trail Run 50km 3:53:08, 2<sup>nd</sup>

Mad City 50K Road Race 3:00:57, 1<sup>st</sup>



Nedbank Running Club - Administrative Head Office

Tel: (012) 541 0577

Fax: (012) 541 3752

[www.nedbankrunningclub.co.za](http://www.nedbankrunningclub.co.za)



## CURRICULUM VITAE: Hatiwande Nyamande



### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Hatiwande Nyamande  
**DATE OF BIRTH:** 16 September 1978  
**CLUB:** Nedbank Running Club Zimbabwe  
**NATIONALITY:** Zimbabwe  
**EMAIL / CONTACT / TWITTER:** +263 77 924 6406

### PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
Marathon	2:26:36	Glenmore Beach	2007
50km	2:52:15	Middelburg	2004
Two Oceans	3:11:14	Cape Town	2007
Comrades	5:38:19	Durban	2017

### COMRADES PERFORMANCES

2017	Up	5:38:48	2nd
2015	Up	5:48:19	3rd
2013	Up	6:48:11	78th



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





## CURRICULUM VITAE: Marko Mambo



### **PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Marko Mambo  
**DATE OF BIRTH:** 1 March 1971  
**CLUB:** Nedbank Running Club Zimbabwe  
**NATIONALITY:** Zimbabwe  
**EMAIL / CONTACT:** +263 77 244 7385

### **Best Performances 2019**

Om die Dam 50km 3:13:35 18<sup>th</sup>

### **Best Performances 2018**

Om die Dam 50km 2:59:12 1<sup>st</sup>  
 Comrades Down run 05:37:49, 5<sup>th</sup>

### **Best Performances 2017**

Om die Dam 50km 3:01:26 6<sup>th</sup>  
 Comrades Up run 05:52:29, 11<sup>th</sup>

### **Comrades Marathon**

2018 Comrades Marathon - Up Run 89km 5:37:49 5<sup>th</sup>  
 2017 Comrades Marathon - Up Run 89km 5:52:29 11<sup>th</sup>  
 2016 Comrades Marathon - Down Run 89km 5:45:05 13<sup>th</sup>  
 2012 Comrades Marathon - Down Run 89km 5:33:40 4<sup>th</sup>

### **Two Oceans 56km**

2012 Two Oceans Marathon 56km 3:17:01 16<sup>th</sup>  
 2010 Two Oceans Marathon 56km 3:19:27  
 2009 Two Oceans Marathon 56km 3:10:53 2<sup>nd</sup>  
 2008 Two Oceans Marathon 56km 3:11:35 1<sup>st</sup>  
 2005 Two Oceans Marathon 56km 3:05:40 1<sup>st</sup>  
 2004 Two Oceans Marathon 56km 3:07:42 1<sup>st</sup>



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



## CURRICULUM VITAE: Mike Fokoroni



### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Mike Fokoroni  
**DATE OF BIRTH:** 10 January 1977  
**CLUB:** Nedbank Running Club Zimbabwe  
**NATIONALITY:** Zimbabwe  
**EMAIL / CONTACT / TWITTER:** [mfokoroni@gmail.com](mailto:mfokoroni@gmail.com) / +263 71 625 5776

### PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 km Road	29:41	Mamelodi (RSA)	2009
20 km Road	1:01:58	East London (RSA)	2006
Half Marathon	1:03:04	Port Elizabeth (RSA)	2009
Marathon	2:13:17	Beijing (CHN)	2008
Comrades	5:35:09	Pietermaritzburg	2016

### Marathon

2016 Soweto Marathon, 2:24:39, 6<sup>th</sup>  
 2017 PetroSA Marathon, 2:23:32, 8<sup>th</sup>  
 2017 Soweto Marathon, 2:32:01  
 2018 PetroSA Marathon, 2:29:20, 11<sup>th</sup>

### Comrades Marathon

2012 Down, 05:58:37, 30<sup>th</sup>  
 2013 Up, 05:50:11, 8<sup>th</sup>  
 2014 Down, 05:45:46, 13<sup>th</sup>  
 2015 Up, 06:37:16, 60<sup>th</sup>  
 2016 Down, 05:35:09, 4<sup>th</sup>  
 2017 Up, 05:59:23, 18<sup>th</sup>  
 2018 Down, 05:59:13, 19<sup>th</sup>

### Two Oceans Marathon

2010, 03:11:38, 6<sup>th</sup>  
 2011, 03:11:25, 7<sup>th</sup>  
 2013, 03:13:29, 10<sup>th</sup>  
 2015, 03:16:56, 6<sup>th</sup>  
 2016, 03:13:33, 1<sup>st</sup>  
 2017, 03:18:35, 11<sup>th</sup>  
 2018, 03:16:38, 10<sup>th</sup>



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



## CURRICULUM VITAE: Steven Way



### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Steven Way  
**DATE OF BIRTH:** 06 July 1974  
**CLUB:** Nedbank International  
**NATIONALITY:** Great Britain  
**EMAIL / CONTACT / TWITTER:** [steveandsarahway@sky.com](mailto:steveandsarahway@sky.com) / @marigold\_bac

### PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 Kilometres	30:55	Yeovil (GBR)	2010
10 Miles Road	51:48	Portsmouth (GBR)	2014
Half Marathon	1:06:40	Bath (GBR)	2013
Marathon	2:15:16	Glasgow (GBR)	2014
100 Kilometres	6:57:23	Doha (QAT)	2014
Comrades	5:35:27	Pietermaritzburg	2018

### Best Performances 2019

Greater Manchester Marathon, Manchester, 2:30:08

### Best Performances 2018

Comrades Marathon down Run 89km 5:35:27, 3rd  
 North Dorset Village Marathon, 2:30:48  
 Virgin London Marathon, 2:36:35  
 Barry Marathon 40mile, 4:13:24  
 BHF Bournemouth Bay Half Marathon, 1:10:31  
 Bournemouth 10mile, 55:30

### Other Performances

2017 Comrades Marathon up Run 89km 5:59:40, 9th  
 2017 London Marathon, 2:26:52  
 2016 UltraVasan 90km, 6:21:40, 4th  
 2016 Barry 40 Mile Track Race, 3:54:52, 1st  
 2015 Salisbury Trail Races 50km, 3:18:37, 1st

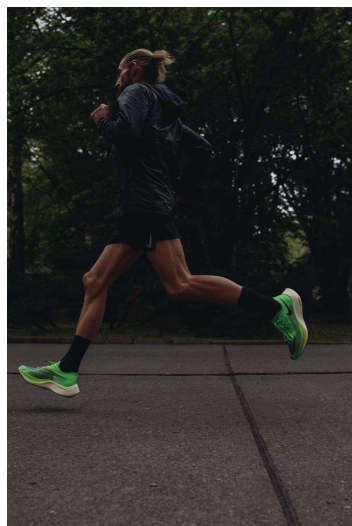


Nedbank Running Club - Administrative Head Office  
 Tel: (012) 541 0577  
 Fax: (012) 541 3752  
[www.nedbankrunningclub.co.za](http://www.nedbankrunningclub.co.za)





## CURRICULUM VITAE: Lee Grantham



### PERSONAL DETAILS

**FIRST NAME / SURNAME:**

Lee Grantham

**DATE OF BIRTH:**

11 February 1983

**CLUB:**

Nedbank International

**NATIONALITY:**

Great Britain

**EMAIL / CONTACT / TWITTER:**

[leejamesgrantham@gmail.com](mailto:leejamesgrantham@gmail.com) / @lee\_grantham

### PERSONAL BEST TIMES

<u>Distance</u>	<u>Time/Distance</u>	<u>Year</u>
100km	6:42:42	2017
6h	66.595km	2011
12h	87.200km	2010
24h	128.122km	2010

### Best Performances 2018

03.11.2018 Doñana Trail Marathon Sevilla-El Rocío (ESP) 71km 4:55:24, 1st

### Best Performances 2017

Subida al Pico Veleta 50 km (ESP) 3:45:54, 1st

The Meridian Ultra Road Race 100km (GBR) 6:42:42, 1st

Doi Inthanon Ultramarathon 50km (THA) 3:55:18, 1st

### Best Performances 2016

Ultima Frontera 55 km (ESP) 4:12:41, 1st

### Best Performances 2015

Ultima Frontera 55 km (ESP) 4:22:42, 1st

### Best Performances 2018

Ultima Frontera 83 km (ESP) 7:04:14, 1<sup>st</sup>



Nedbank Running Club - Administrative Head Office

Tel: (012) 541 0577

Fax: (012) 541 3752

[www.nedbankrunningclub.co.za](http://www.nedbankrunningclub.co.za)



## CURRICULUM VITAE: Sage Canaday



### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Sage Canaday  
**DATE OF BIRTH:** 14 November 1985  
**NATIONALITY:** USA  
**TEAM:** Nedbank International  
**EMAIL / CONTACT / TWITTER:** [sage@vo2maxproductions.com](mailto:sage@vo2maxproductions.com) / @SageCanaday

### Personal Best Performances:

Event	Result	Venue	Date
10 Kilometres	31:11	Detroit, MI (USA)	2009
15 Kilometres	47:23	Portland, OR (USA)	2018
20 Kilometres	1:03:11	New Haven, CT (USA)	2008
Half Marathon	1:04:32	New Orleans, LA (USA)	2011
Marathon	2:18:24	Houston, TX (USA)	2012
Comrades	6:03:41	Durban	2015

### PERSONAL PERFORMANCES 2019

NN Marathon Rotterdam, Rotterdam 2:23:11  
 Moab's Red Hot 55km (USA) 3:52:41, 2nd

### Other Achievements

2-time US Olympic Trials Qualifier (2008, 2012)  
 Ranked 2<sup>nd</sup> in the World for SkyRunning Ultra Series events (2013 and 2014)



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



## CURRICULUM VITAE: Anthony Clark



### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Anthony Clark  
**DATE OF BIRTH:** Male  
**NATIONALITY:** Great Britain  
**TEAM:** Nedbank International  
**EMAIL / CONTACT / TWITTER:** [anthony@xmiles.co.uk](mailto:anthony@xmiles.co.uk)

### PERSONAL PERFORMANCES 2018

IAU 100km WC, Sveti Martin (CRO) 6:43:22 8th  
 100km Redwick (GBR) 7:00:37 2nd

### PERSONAL PERFORMANCES 2017

The Meridian Ultra Road Race 100km (GBR) 7:04:28 2nd

### PERSONAL PERFORMANCES 2016

Self-Transcendence 100km Perth (GBR) 7:17:43 4th

### PERSONAL PERFORMANCES 2015

Ox Ultra (GBR) 35mi 4:39:18 1st



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





## CURRICULUM VITAE: **Henri Ansio**



### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Henri Ansio  
**DATE OF BIRTH:** 27 May 1985  
**NATIONALITY:** Finland  
**TEAM:** Nedbank International  
**EMAIL / CONTACT / TWITTER:** [henri.ansio@outlook.com](mailto:henri.ansio@outlook.com)

### Personal Best Performances:

Event	Result	Venue	Date
10,000 Metres	31:37.94	Oulu (FIN)	2016
Half Marathon	1:10:39	Jyväskylä (FIN)	2016
Marathon	2:28:41	Lahti (FIN)	2016

### PERSONAL PERFORMANCES 2019

Kaarina Track Ultra 6h - 50km split (FIN) 50km 3:11:33

### PERSONAL PERFORMANCES 2018

Festival des Templiers - La Grande Course (FRA) 78km 6:58:06 3rd  
 IAU 100km WC, Sveti Martin (CRO) 7:03:27 19th  
 NUTS Pallas 55km Trail Ultra (FIN) 55km 4:19:41 1st

### PERSONAL PERFORMANCES 2017

Festival des Templiers - La Grande Course (FRA) 76km 6:59:31 5th  
 UltraVasan 90km (SWE) 6:11:00 3rd  
 NUTS Karhunkierros 53k Trail Ultra (FIN) 4:59:08 1st

### PERSONAL PERFORMANCES 2016

Jyväskylä Half Marathon Ch. 1:10:39, 9th  
 Lahti Marathon Ch. 2:28:41, 4th  
 IAU 100km World Championships Los Alcazares (ESP) 100km 6:46:16 16th  
 NUTS Karhunkierros 53km Trail Ultra (FIN) 4:43:57 1st



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



## CURRICULUM VITAE: Calum Neff



### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Calum Neff  
**DATE OF BIRTH:** 15 August 1984  
**NATIONALITY:** Canada  
**TEAM:** Nedbank International  
**EMAIL / CONTACT / TWITTER:** [calneff@gmail.com](mailto:calneff@gmail.com) /

### Personal Best Performances:

Event	Result	Venue	Date
Half Marathon	1:07:22	Houston, TX (USA)	2019
Marathon	2:22:59	Houston, TX (USA)	2015
Comrades	6:08:05	Pietermaritzburg	2018

### PERSONAL PERFORMANCES 2019

Fred Duckett Twilight 5000m Meet, Houston, TX 14:39.75  
 Aramco Houston Half Marathon, Houston, TX 1:07:22  
 Brazos Bend 50 Km (USA) 2:59:01 1<sup>st</sup>

### PERSONAL PERFORMANCES 2018

Houston, Texas	Brazos Bend	50km	3:13:57	1st
New Orleans, Louisiana	Crescent City Classic	10km	0:31:36	10th
The Woodlands, Texas	The Woodlands Marathon	26.2mi	2:30:15	1st
Moab, Utah	Moab Red Hot	33km	2:17:21	5th

### PERSONAL PERFORMANCES 2017

Austin/Corpus, Texas	Capital to Coast 223mi 12 Person Relay 223mi	23:46:11	1st
Fuxian Lake, China	Fuxian World 50k Road Championship Trials	50km	3:18:15 2nd
Incline Village, Nevada	Tahoe Rim Trail Endurance Run	55km	5:10:53 2nd
Houston, Texas	Law Week 8km	8km	0:26:18 1st
Fort Worth, Texas	Cowtown 50k	50km	3:09:35 1st



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



## CURRICULUM VITAE: **Mabothile Lebopo**

### **PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Mabothile Lebopo  
**DATE OF BIRTH:** 25 December 1975  
**CLUB:** Nedbank Running Club Lesotho  
**NATIONALITY:** Lesotho  
**EMAIL / CONTACT / TWITTER:** [goodmanthaba@gmail.com](mailto:goodmanthaba@gmail.com) / 078 832 9870

### **PERSONAL BEST TIMES**

<b><u>Distance</u></b>	<b><u>Time</u></b>	<b><u>Venue</u></b>	<b><u>Year</u></b>
10,000 Metres	28:57.07	Port Elizabeth (RSA)	16 FEB 2001
10 Kilometres	29:11	Holcim (RSA)	03 OCT 2004
Half Marathon	1:03:39	Cape Town (RSA)	15 APR 2006
Marathon	2:13:42	Durban (RSA)	08 FEB 2009

### **Two Oceans Marathon Best Performances**

2019	56km 3:16:03 5th
2016	56km 3:16:28 4th
2014	56km 3:16:34 11th
2012	56km 3:17:51 17th
2011	56km 3:14:00 12th
2010	56km 3:06:18 1st
2004	56km 3:19:55 22nd

### **Best Marathon Performances**

2018	2:29:12	Howick (RSA)	26 AUG 2018
2012	2:17:14	Soweto (RSA)	04 NOV 2012
2011	2:20:27	Soweto (RSA)	06 NOV 2011
2010	2:22:22	Soweto (RSA)	07 NOV 2010
2009	2:13:42	Durban (RSA)	08 FEB 2009
2008	2:13:52	Durban (RSA)	10 FEB 2008
2007	2:14:31	Port Elizabeth (RSA)	10 FEB 2007
2006	2:19:00	Johannesburg (RSA)	07 MAY 2006
2005	2:24:39	Soweto (RSA)	06 NOV 2005
2004	2:18:05	Soweto (RSA)	07 NOV 2004
2003	2:16:12	Pyongyang (PRK)	13 APR 2003
2002	2:19:50	Soweto (RSA)	03 NOV 2002
2001	2:25:04	Port Elizabeth (RSA)	02 DEC 2001



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





# COMRADES MARATHON 2019 FEMALE – PROFILES



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



## CURRICULUM VITAE: GERDA STEYN



### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Gerda Steyn  
**COUNTRY:** South Africa  
**DATE OF BIRTH:** 1990/03/03  
**CLUB:** Nedbank Running Club CGA  
**EMAIL / CONTACT / TWITTER:** [gerda.run@gmail.com](mailto:gerda.run@gmail.com) / 072 656 3030 / @gerdarun

### PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
10km	33:36	Durban	2018
Half marathon	1:12:35	Ras Al Khaimah (UAE)	2019
Marathon	2:31:04	New York	2018
Two Oceans 56km	3:31:28	Cape Town	2019
Comrades	6:15:34	Durban	2018

### PERSONAL PERFORMANCES 2019

Dubai 10km 34:05, 1<sup>st</sup>  
 RAK Half Marathon, Ras Al Khaimah (UAE) 1:12:35, 9<sup>th</sup>  
 Two Oceans 56km 3:31:28, 1<sup>st</sup>

### PERSONAL PERFORMANCES 2018

Two Oceans 56km 3:39:32, 1<sup>st</sup>  
 Comrades Marathon 6:15:34, 2<sup>nd</sup>  
 New York Marathon 2:31:04, 13<sup>th</sup>  
 FNB 10km Durban, 33:36, 5<sup>th</sup>

### PERSONAL PERFORMANCES 2017

Comrades Marathon 6:45:45, 4<sup>th</sup>  
 Valencia Marathon 2:37:22, 13<sup>th</sup>  
 Great North Run 21km 1:17:26



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



## CURRICULUM VITAE: Carla Molinaro



### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Carla Molinaro  
**DATE OF BIRTH:** 27 July 1984  
**CLUB:** Nedbank Running Club CGA  
**NATIONALITY:** South African  
**EMAIL/CONTACT/INSTAGRAM:** [carlamolinaro@hotmail.co.uk](mailto:carlamolinaro@hotmail.co.uk) / 065 969 8725 / @carlamolinaro

### PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 km Road	37:08	Paisley (UK)	2014
Half Marathon	1:20:39	Glasgow (UK)	2013
Marathon	2:51:46	London (UK)	2015
Comrades	6:51:31	Durban (RSA)	2018
100km	8:23:45	Sveti Martin (Croatia)	2018

### Best Performances 2019

Garbie (cga) 32km 2:15:12  
 Johnson Crane Hire Marathon 2:56:05, 2nd

### Best Performances 2018

Comrades, 90.18km, 6:50:31, 9<sup>th</sup>  
 100km World Championships, 8:23:45, 30<sup>th</sup>  
 Tom Jenkins 10km, 38:55, 1<sup>st</sup>

### Best Performances 2017

South of England Fell Running Championships, 3km, 12km, 21km, 1<sup>st</sup>  
 Comrades, 86.73, 7:55:05, 27<sup>th</sup>  
 Wimbledon Common Trail Series, 5 miles 30:29 & 8 miles 53:10 1<sup>st</sup>

### Best Performances 2016

Comrades, 89.13km, 7:23:06, 23<sup>rd</sup>  
 London Marathon, 42km, 2:57:52, 56<sup>th</sup>  
 Snowdon Trail Marathon, 42km, 3:16:28, 5<sup>th</sup>



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





## CURRICULUM VITAE: DEANNE HORN



### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Deanné Horn  
**DATE OF BIRTH:** 26 Junie 1988  
**CLUB:** Nedbank Running Club CGA  
**NATIONALITY:** South African  
**EMAIL / CONTACT / TWITTER:** horndeanne@gmail.com / 082 683 4034 / @HornDeanne\_

### PERSONAL BEST TIMES

Distance	Time	Venue	Year
10 km Road	38:55	Pretoria (RSA)	2018
Half Marathon	1:25:42	Knysna (RSA)	2018
Marathon	3:01:43	Klerksdorp (NW)	2018
100km ultra	8:18:00	Sveti Martin (Croatia)	2018

### 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

### Best Performances 2018

Comrades Marathon 7:06, 15<sup>th</sup>  
 Two Oceans Ultra 4:06, 16<sup>th</sup>  
 100km World Championships Croatia 8:18  
 21.1Km Knysna 1:25, New course record, 1<sup>st</sup>  
 Oxpecker Trail run 32km , 2 day stage race, course record 2:39, 1<sup>st</sup>  
 Klerksdorp marathon 3:01, 1<sup>st</sup>

### Other Achievements

100km World Championships – Croatia – 2018



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



## CURRICULUM VITAE: COBIE SMITH



### PERSONAL DETAILS

**FIRST NAME & SURNAME:** Cobie Smith  
**DATE OF BIRTH:** 11 January 1985  
**CLUB:** Nedbank Running Club CGA  
**NATIONALITY:** South African  
**EMAIL:** [cobiesmith@yahoo.com](mailto:cobiesmith@yahoo.com)  
**CONTACT:** 0834767480

### PERSONAL BEST TIMES

DISTANCE	TIME	VENUE	YEAR
21.1km	1:22	Irene	2017
50km	3:31	Loskop	2018
90km	7:21	Comrades	2018
42km	2:52	Cape Town	2018
32km	2:14	Tough One Randburg	2018

### BEST PERFORMANCES 2019

Om Die Dam 50km (RSA) 50km 3:48:38 10th  
 Jeppe Half Marathon 1:25:58, 1st  
 Loskop Marathon 3:28:40, 2nd

### BEST PERFORMANCES 2018

Pharmaton Edenvale Marathon 2:59, 1st  
 Deloitte Marathon 3:05 3rd  
 Cape Town Marathon 2:52  
 Om die Dam 50km 3:50 2nd  
 Comrades 7:21

### BEST PERFORMANCES 2017

Wally Marathon 3:04, 1st  
 Birchwood Half Marathon 1:30 1st  
 Tough One 32km 2:21 3rd  
 Jacky Gibson Marathon 3:17 1st  
 Colgate 32km 2:19 2nd  
 Comrades 8:04



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



## CURRICULUM VITAE: **Fikile Mbuthuma**



### **PERSONAL DETAILS**

**FIRST NAMES / SURNAME:** Fikile Mbuthuma  
**DATE OF BIRTH:** 23 December 1980  
**CLUB:** Nedbank Running Club KZN  
**NATIONALITY:** South African  
**EMAIL / CONTACT / TWITTER:** [fikile.mbuthuma@gmail.com](mailto:fikile.mbuthuma@gmail.com) / 072 355 6775 / @8df05a6531bb459

### **Personal Bests**

Event	Result	Venue	Date
Marathon	2:58:02	East London (RSA)	2015
50km	3:55:35	Dolphin Coast Striders Ultra	2011
Two Oceans 56km	4:16:51	Cape Town (RSA)	2018
Comrades	6:52:32	Durban (RSA)	2016

### **Comrades Marathon Results**

2018 Down, 06:54:36, 12th  
 2017 Up, 07:14:34, 14th  
 2016 Down, 06:52:32, 8th  
 2015 Up, 07:18:41, 15th  
 2014 Down, 07:08:26, 12th  
 2013 Up, 07:38:53, 16th  
 2012 Down, 07:48:14, 27th  
 2011 Up, 07:57:24, 34th  
 2010 Down, 07:44:00, 29th  
 2008 Up, 08:11:34, 27th  
 2007 Down, 08:17:37, 50th  
 2006 Up, 09:10:15, 171th



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





## CURRICULUM VITAE: **Tanith Maxwell**



### **PERSONAL DETAILS**

**FIRST NAMES / SURNAME:** Tanith Maxwell  
**DATE OF BIRTH:** 2 June 1976  
**CLUB:** Nedbank Running Club CGA  
**NATIONALITY:** South African  
**EMAIL / CONTACT / TWITTER:** [t.foxmax@gmail.com](mailto:t.foxmax@gmail.com) / 081 747 8553 / @tanithmaxwell

### **Personal Bests**

Event	Result	Venue	Date
10 Kilometres	34:01:00	Durban (RSA)	2009
10 Miles Road	58:58:00	Portsmouth (GBR)	2009
20 Kilometres	1:13:25	East London (RSA)	2006
Half Marathon	1:13:22	Port Elizabeth (RSA)	2010
25 Kilometres	1:32:21	Berlin (GER)	2013
30 Kilometres	1:56:32	Cape Town (RSA)	2015
Marathon	2:32:33	Berlin (GER)	2010
Two Oceans 21km	1:16:19	Cape Town (RSA)	2010

### **Comrades Marathon Results**

2018 Down, 06:20:35, 4<sup>th</sup>

### **Two Oceans Marathon Results**

2003	Half	1:19:39	4 <sup>th</sup>
2004	Half	1:18:06	3 <sup>rd</sup>
2005	Half	1:21:01	6 <sup>th</sup>
2010	Half	1:16:19	4 <sup>th</sup>
2015	Ultra	3:45:19	3 <sup>rd</sup>
2016	Ultra	3:45:55	2 <sup>nd</sup>
2017	Ultra	3:55:37	3 <sup>rd</sup>
2018	Ultra	3:49:49	4 <sup>th</sup>



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



## CURRICULUM VITAE: Ntombesintu Mfunzi



### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Ntombesintu Mfunzi  
**COUNTRY:** R.S.A  
**DATE OF BIRTH:** 1981/12/27  
**CLUB:** Nedbank Running Club EPA  
**EMAIL / CONTACT / TWITTER:** [ntombesintumfunzi@yahoo.co.za](mailto:ntombesintumfunzi@yahoo.co.za) / 079 671 9059 / @ntombesm

### Personal Bests

Event	Result	Venue	Date
10 Kilometres	34:35:00	Stellenbosch (RSA)	29-Aug-09
12 Kilometres	43:29:00	Cape Town (RSA)	21-May-17
15 Kilometres	55:45:00	Port Elizabeth (RSA)	04-Oct-08
20 Kilometres	1:16:29	East London (RSA)	02-Jul-06
Half Marathon	1:16:30	Port Elizabeth (RSA)	02-Jul-11
30 Kilometres	2:00:50	Uitenhage (RSA)	05-Mar-16
Marathon	2:47:56	Cape Town (RSA)	23-Sep-18

### BEST PERFORMANCES 2019

Bay Ultra 50 km (RSA) 3:51:47, 2nd  
 Freedom Run 10km, 36:06, 5th  
 First Choice 15km, Jeffreys Bay 58:52, 2nd  
 Cassie's 15km, Port Elizabeth 57:22, 1st  
 Sportsmans Warehouse 15km, Port Elizabeth 57:48, 1st  
 HAJ Hannover Marathon, Hannover (GER) 2:48:53, 13th

### Two Oceans

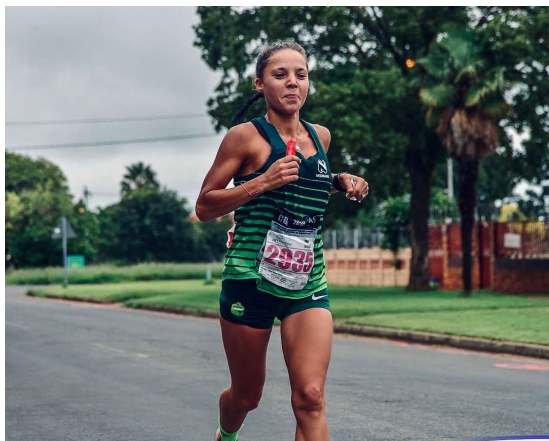
2018 Two Oceans Marathon 56km 3:59:27 10th  
 2017 Two Oceans Marathon 56km 4:01:21 5th  
 2015 Two Oceans Marathon 56km 4:21:05 16th  
 2014 Two Oceans Marathon 56km 4:00:53 8th  
 2012 Two Oceans Marathon 56km 3:52:38 8<sup>th</sup>



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



## CURRICULUM VITAE: MELISSA JANSEN VAN VUUREN



### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Melissa Jansen van Vuuren  
**DATE OF BIRTH:** 18 July 1995  
**CLUB:** Nedbank Running Club CGA  
**NATIONALITY:** South African  
**EMAIL/CONTACT/INSTAGRAM:** [melissa@elsumo.co](mailto:melissa@elsumo.co) / 084 242 2895 / @melissa\_jvvuuren

### PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 km Road	42:00	PTA	2018
15 km Road	1:02	JHB	2019
Half Marathon	1:29	Kempton Park	2018
Marathon	3:04	Mpumalanga	2019
Ultra 48k	3:30	Pretoria	2019

### Best Performances 2019

Garbie Striders 15k (1:02) 1<sup>st</sup> Lady  
 Tuks Marathon (3:11) 3<sup>rd</sup> Lady  
 PwC Kosmos Marathon (3:04) 3<sup>rd</sup> Lady  
 Om Die Dam Ultra (3:58) 14<sup>th</sup> Lady  
 Gert Sibande District Marathon (3:06) 2<sup>nd</sup> Lady  
 Joint Eeze Ultra Marathon (3:30) 2<sup>nd</sup> Lady  
 Wings for life South Africa 40.34km 3<sup>rd</sup> Lady

### Best Performances 2018

Rainbow Barnard 21km (93:04) 3<sup>rd</sup> Lady  
 Alberton Half (92:46) 3<sup>rd</sup> Lady  
 Vitality Wanderers Half (94:44) 5<sup>th</sup> Lady  
 Garsfontein Ice Breaker 21km – (1:43:00) 3<sup>rd</sup> Lady



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





## CURRICULUM VITAE: **Camille Herron**



### **PERSONAL DETAILS**

**FIRST NAME / SURNAME:**

Camille Herron

**DATE OF BIRTH:**

25 december 1981

**CLUB:**

Nedbank International

**NATIONALITY:**

USA

**EMAIL / CONTACT / TWITTER:**

[runcamille@yahoo.com](mailto:runcamille@yahoo.com) / @runcamille

### **Personal Bests**

Event	Result	Venue	Date
Half Marathon	1:16:36	Indianapolis (USA)	2011
Marathon	2:37:14	Houston (USA)	2012
100 Kilometres	7:08:35	Winschoten	2015
Comrades	6:27:35	Durban	2017

### **Career Highlights**

2019 Tarawera 100 Mile Endurance Run (NZL) 17:20:53, 1st

2018 American Records for 100 Miles (13:25:00) and 200K (17:07:27)

2018 World Best for 24 hours of 162.919 miles (262.193km).

2018 Bandera 100km/US 100km Trail Championship, 1st

2017 Comrades marathon Winner – 6:27:35

50 Miles- 7:30 (April 2016, Debut on the trails)

2015, 1st IAU 50K World Championship, Doha, Qatar-- 1st, 3:20:58

2015, Fall 50/US 50 Mile Road Championship, Sturgeon Bay, WI-- 1st, 5:38:41 (New World Road Best,

September 2015, IAAF/IAU 100K World Championship, Winschoten, Netherlands- 1st individual/1st Team, 7:08:35

August 2015, Leading Ladies Marathon, Spearfish, SD- 1st, 2:42:48, Course Record and 12th State win

June 2015, Maryville Marathon, Maryville, MO- 1st, Broke the Course Record

April 2015, OKC Memorial Marathon, OKC, OK-- 1st, First 3-time winner

April 2015, Mad City 100K/US Championship, Madison, WI- 1st, 7:26:24 (debut)

March 2015, Knoxville Marathon, Knoxville, TN-- 1st, 2:51:28

March 2015, Montgomery Marathon, Montgomery, AL- 1st, 2:48:42

July 2014, Missoula Marathon, Missoula, MT-- 1st, 2:58

April 2014, OKC Memorial Marathon, OKC, OK-- 1st, 2:51:20



Nedbank Running Club - Administrative Head Office

Tel: (012) 541 0577

Fax: (012) 541 3752

[www.nedbankrunningclub.co.za](http://www.nedbankrunningclub.co.za)



## CURRICULUM VITAE: Sarah Bard



### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Sarah Bard  
**COUNTRY:** USA  
**DATE OF BIRTH:** 1984  
**CLUB:** Nedbank International  
**EMAIL / CONTACT / TWITTER:** [sarahjessicabard@gmail.com](mailto:sarahjessicabard@gmail.com) / @sarahjbard

### Personal Bests

Event	Result	Venue	Date
10 km Road	37:55	Cape Elizabeth (USA)	2010
Half Marathon	1:19:17	New Bedford (USA)	2013
Marathon	2:43:16	Hartford (USA)	2013
100 Kilometres	7:29:01	Winschoten	2015
Comrades	6:42:31	Pietermaritzburg	2016

### PERSONAL PERFORMANCES 2018

Comrades Marathon - Down Run 6:49:05 6th

### PERSONAL PERFORMANCES 2017

Comrades Marathon - Up Run 6:49:30 4th

### PERSONAL PERFORMANCES 2016

UltraVasan 90km 7:07:34 2nd

Comrades Marathon - Down Run 6:42:31 4th

Chuckanut 50km 4:25:27 3rd

### PERSONAL PERFORMANCES 2015

JFK 50 Mile 6:31:11 1

RUN Winschoten 100 km - IAU 100 km WC 7:29:01 4th

Caumsett Park 50km Lloyd Neck - Championchips 3:23:29 1<sup>st</sup>



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



## CURRICULUM VITAE: **Dominika Stelmach**



### **PERSONAL INFORMATION**

**SURNAME:** Stelmach  
**FIRST NAMES:** Dominika  
**COUNTRY:** Poland  
**DATE OF BIRTH:** 1982  
**CLUB:** Nedbank International

### **Personal Bests**

DISCIPLINE	PERFORMANCE	PLACE	DATE
10 Kilometres	35:10	Poznan (POL)	2016
Half Marathon	1:15:17	Warszawa (POL)	2017
Marathon	2:37:09	Seoul (KOR)	2018
Two Oceans 56km	3:41:57	Cape Town (RSA)	2018
100km	8:01:30	Poland	2016

### **Highlights:**

4TH -Two Oceans 56km, RSA, 2019  
 1ST -Wygrany Marathon, 2:39 2019  
 1ST -50KM CHINA, FUXIAN, 3:26 2018  
 1ST -ECO TRAIL DE PARIS 2018  
 2ND -TWO OCEANS MARATHON, 56KM, RSA 2018  
 2ND -REDBULL SKY RACE 30KM, NEW ZELAND 2018  
 2ND -EIFFEL TOWER RUN 2017  
 3RD -EINDHOVEN MARATHON 2016  
 5TH -ROMA MARATHON 2016  
 6TH -EUROPEAN TOWERRUNNING CHAMPIONSHIPS 2016

### **Wings for Life World Run**

2015 – WINNER IN POLAND, 42KM  
 2016 – WINNER IN AUSTRALIA, 55KM  
 2017 – WINNER IN CHILE, 68KM (GLOBAL RECORD HOLDER)  
 2018 – WINNER IN RIO DE JANEIRO, 53KM



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





## CURRICULUM VITAE: Christine Wellington



### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Christine Wellington  
**DATE OF BIRTH:** 18 February 1977  
**CLUB:** Nedbank International  
**NATIONALITY:** Great Britain  
**EMAIL / CONTACT / TWITTER:** [chrissiewellington@yahoo.co.uk](mailto:chrissiewellington@yahoo.co.uk) / @chrissiesmiles

### PERSONAL PERFORMANCES 2019

London Marathon 2:49.01

### PERSONAL PERFORMANCES 2017

Mendip Marauder 30mi (GBR) 4:20:47, 1<sup>st</sup>  
 London Marathon 2:48.23

### Some of her Career Highlights as a professional triathlete

08-Oct-11	1st	Ironman World Championship, Hawaii[i]
21-Aug-11	1st	Timberman Ironman 70.3, Lake Winnepesaukee, New Hampshire[ii]
10-Jul-11	1st	Challenge Roth, Roth, Germany (Ironman distance)[iii]
12-Jun-11	1st	Ironman 70.3 Kansas[iv]
10-Apr-11	1st	Ironman South Africa, Port Elizabeth[v]
21-Nov-10	1st	Ironman Arizona, Tempe[vi]
22-Aug-10	1st	Timberman Ironman 70.3, Lake Winnepesaukee, New Hampshire[vii]
18-Jul-10	1st	Challenge Roth, Roth, Germany (Ironman distance)[viii]
06-Jun-10	1st	Ironman 70.3 Kansas[ix]
10-Oct-09	1st	Ironman World Championship, Hawaii[x]
23-Aug-09	1st	Timberman Ironman 70.3, Lake Winnepesaukee, New Hampshire[xi]
12-Jul-09	1st	Challenge Roth, Roth, Germany (Ironman distance)[xiii]
14-Jun-09	1st	Ironman 70.3 Kansas[xiv]
05-Apr-09	1st	Ironman Australia Triathlon, Port Macquarie[xvi]



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



## CURRICULUM VITAE: Caitriona Jennings



### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Caitriona Jennings  
**DATE OF BIRTH:** 17 June 1980  
**CLUB:** Nedbank International  
**NATIONALITY:** Ireland  
**EMAIL / CONTACT / TWITTER:** [caitrionajennings@gmail.com](mailto:caitrionajennings@gmail.com) / @cjennings1x

### PERSONAL BEST

Event	Result	Venue	Date
10 Kilometres	35:28	Dublin (IRL)	2011
10 Miles Road	58:00	Dublin (IRL)	2011
Half Marathon	1:15:29	Newry City (GBR)	2012
Marathon	2:36:17	Rotterdam (NED)	2012
50km	3:24:30	Donadea 50k Race (IRL)	2018

### PERSONAL PERFORMANCES 2019

Rotterdam Marathon (NED) 2:38:42

### PERSONAL PERFORMANCES 2018

Dublin Women's Mini Marathon 36:52  
 Dublin Marathon 2:41:17, 6th  
 Donadea 50km Race (IRL) 3:24:30, 1st

### PERSONAL PERFORMANCES 2017

Dublin Frank Duffy 10M 59:15, 3rd  
 Dublin Marathon 2:42:36, 5th



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



## CURRICULUM VITAE: **Catrin Jones**



### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Catrin Jones  
**DATE OF BIRTH:** 1 May 1979  
**CLUB:** Nedbank International  
**NATIONALITY:** Canada  
**EMAIL / CONTACT / TWITTER:** [catrinjonesrmt@gmail.com](mailto:catrinjonesrmt@gmail.com)

### PERSONAL BEST

Event	Result	Venue	Date
8 Kilometres	28:26	Saanichton (CAN)	2013
10 Kilometres	35:21	Victoria (CAN)	2013
10 Kilometres	34:50 *	Vancouver (CAN)	2013
Half Marathon	1:17:35	Vancouver (CAN)	2013
Marathon	2:42:52	Ottawa (CAN)	2015
50km	3:28:20	IAU World Champs (QAT)	2015

### PERSONAL PERFORMANCES 2019

BMO Vancouver Marathon, Vancouver 2:52:51, 6th

### PERSONAL PERFORMANCES 2018

Victoria Times-Colonist Garden City 10km (CAN) 36:21, 7th  
 Vancouver BMO Marathon (CAN) 2:50:45, 3rd  
 Calgary Marathon (CAN) 2:52:38, 2nd  
 Victoria Marathon (CAN) 2:49:41  
 Shanghai International Marathon (CHI) 2:50:29  
 IAU 100km WC, Sveti Martin (CRO) 8:24:34  
 Squamish 50km (CAN) 5:53:58, 1<sup>st</sup>

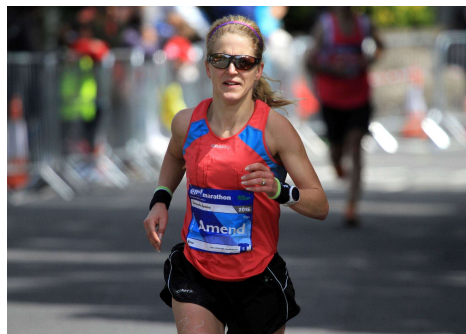


Nedbank Running Club - Administrative Head Office  
 Tel: (012) 541 0577  
 Fax: (012) 541 3752  
[www.nedbankrunningclub.co.za](http://www.nedbankrunningclub.co.za)





## CURRICULUM VITAE: **Samantha Amend**



### **PERSONAL INFORMATION**

**FIRST NAMES / SURNAME:** Samantha Amend  
**DATE OF BIRTH:** 25 May 1979  
**CLUB:** Nedbank International  
**NATIONALITY:** Great Britain  
**EMAIL / CONTACT / TWITTER:** [samantha.amend@yahoo.co.uk](mailto:samantha.amend@yahoo.co.uk) / @AmendSammi79

### **PERSONAL BEST**

Event	Result	Venue	Date
5 Kilometres	17:37	Ipswich (GBR)	2015
10 Kilometres	35:31	Barcelona (ESP)	2013
10 Miles Road	59:11	Twickenham (GBR)	2016
Half Marathon	1:17:10	Bath (GBR)	2012
Marathon	2:42:11	Frankfurt (GER)	2011
50km	3:28:07	Gloucester 50km (GBR)	2019
100km	7:53:57	100 km Redwick (GBR)	2018

### **PERSONAL PERFORMANCES 2019**

Zurich Maratón de Sevilla, Sevilla 2:52:37  
 Barry 40 Mile Track Race (GBR) 4:56:17, 1st  
 Gloucester 50km (GBR) 3:28:07, 1st

### **PERSONAL PERFORMANCES 2018**

Twickenham Cabbage Patch 10Mile (GBR) 1:00:58, 1st  
 Sevilla Marathon (ESP) 2:50:36  
 Valencia Marathon (ESP) 2:50:08  
 IAU 100km WC, Sveti Martin (CRO) 8:01:11, 15th  
 Salisbury 50km Trail Races (GBR) 3:51:48, 1st  
 100 km Redwick (GBR) 7:53:57, 1st  
 Gloucester 50km (GBR) 3:30:56, 1st



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