



COMRADES MARATHON 2023

Nedbank Running Club Male – PROFILES



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CURRICULUM VITAE: Tete Morena Dijana

PERSONAL DETAILS

FIRST NAME / SURNAME: Tete Dijana
DATE OF BIRTH: 1988
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

Distance	Time	Venue	Year
5000 Metres	14:48.23	Durban (RSA)	2011
Half Marathon	1:05:46	Port Elizabeth (RSA)	2021
50km	2:39:04	Port Elizabeth (RSA)	2023
Marathon	2:24:04	Taung (RSA)	2021
Comrades	5:30:35	Durban (RSA)	2022



Best Performances 2023

Nedbank Runified 50km 2:39:04, 1st

Best Performances 2022

ACNW Open T&F Meeting 5000m, Potchefstroom, 15:01.60, 3rd
 Nedbank Runified 50km 2:44:09, 2nd
 Comrades Marathon (Down Run) 5:30:35, 1st

Best Performances 2021

Nelson Mandela Bay Half Marathon, Port Elizabeth RSA, 1:05:46

Best Performances 2019

Comrades Marathon (Up Run) 6:25:03



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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

PERSONAL BEST TIMES

Distance	Time	Venue	Year
21km	1:04	P.E RSA	2010
Marathon	2:13:54	Cape Town RSA	2021
50km	2:45:26	P.E RSA	2022
Comrades	5:31:33	Durban RSA	2019
Two Oceans 56km	3:22	Cape Town	2017



Best Performances 2023

Nedbank Runified 50km 2:50:26, 13th

Best Performances 2022

Nedbank Runified 50km 2:45:26, 3rd
 Comrades Marathon (Down Run), 5:33:46, 2nd

Best Performances 2021

Nedbank Runified 50km 2:47:02, 10th
 Cape Town Marathon, 2:13:54, 13th

Best Performances 2020

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

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



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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



PERSONAL BEST PERFORMANCES

Distance	Time	Venue	Year
Half Marathon	1:06:25	Phalaborwa (RSA)	2019
50 km	2:47:37	PE (RSA)	2021
Comrades	5:44:34	Durban (RSA)	2022

Comrades Marathon Results

2022	Down	05:44:57
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 2023

Nedbank Runified 50km 2:49:23, 10th

Bests Performance 2022

Nedbank Runified 50km 2:51:20, 9th
Comrades Marathon Up Run, 5:44:57, 7th

Bests Performance 2021

Nedbank Runified 50km 2:47:52, 12th
Cape Town Marathon, 2:21:41

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
Comrades Marathon Up Run, 5:44:34, 5th
IAU 50km World Championship 2:51:46, 11th



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CURRICULUM VITAE: **Dan 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

PERSONAL BEST TIMES

Distance	Time	Venue	Year
10km	30:37	Northwest (RSA)	2021
Marathon	2:14:06	Cape Town (RSA)	2021
50km	2:43:45	Port Elizabeth (RSA)	2021

Personal Performances 2023

Two Oceans 56km, 3:10:19, 2nd

Personal Performances 2022

Nedbank Runified 50km, 2:50:58, 8th
 Comrades Marathon (Down Run), 5:36:25, 3rd
 Durban International Marathon, RSA, 2:17:21, 6th

Personal Performances 2021

Nedbank Runified 50km, 2:43:45, 7th
 Cape Town Marathon, 2:14:06, 14th
 Northwest Provincial 10km Champs, Tsitsing 30:37, 2nd

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 (Iima) 21km 1:10:40, 1st
 Tuks Bestmed (agn) 21km 1:11:30, 5th



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CURRICULUM VITAE: Johannes Makgetla

PERSONAL DETAILS

FIRST NAME / SURNAME: Johannes Makgetla
DATE OF BIRTH: 11 May 1982
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

Distance	Time	Venue	Year
Half Marathon	1:13	Johannesburg	2021
Marathon	2:21:14	Cape Town	2021
50km	2:50:56	Gqeberha	2023
Comrades	5:41:36	Durban	2022

Best Performances 2023

Nedbank Runified 50km, 2:50:56, 15th

Best Performances 2022

Comrades Marathon 5:41:36, 5th

Best Performances 2021

Sanlam Cape Town Marathon, 2:21:14

Best Performances 2020

Intercare Classic 21km, 1:16:26
Deloitte Marathon 42km, 2:39

Best Performances 2019

Sanlam Cape Town Marathon, 2:36
Loskop 50km, 2:58
Comrades Marathon, 6:25



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CURRICULUM VITAE: Jonas Makhele

PERSONAL DETAILS

FIRST NAME / SURNAME: Jonas Makhele
DATE OF BIRTH: 10 December 1981
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

Distance	Time	Venue	Year
10km	30:36	Port Elizabeth (RSA)	2017
Marathon	2:20:42	Durban (RSA)	2022
50km	2:42:13	Port Elizabeth (RSA)	2021

Best Performances 2022

Nedbank Running Club Skosana Race 10km, 1:08:07, 8th
Durban International Marathon RSA, 2:20:42, 12th
Soweto Marathon, Soweto RSA, 2:29:14, 19th
Om die Dam 50km, 2:57:24, 1st

Best Performances 2021

Sanlam Cape Town Marathon, Cape Town RSA 2:21:27
Nedbank Runified 50km, Port Elizabeth RSA, 2:42:13, 2nd

Best Performances 2018

Johannesburg Pick 'n Pay Marathon, Johannesburg RSA, 2:30:49, 2nd

Best Performances 2017

Port Elizabeth South African Half Marathon Ch., Port Elizabeth RSA, 1:06:01
Johannesburg Pick 'n Pay Marathon, Johannesburg RSA, 2:30:40, 3rd
Centurion Marathon, Centurion RSA, 2:28:46, 5th
Port Elizabeth Marathon, Port Elizabeth RSA, 2:27:46, 4th



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CURRICULUM VITAE: **Malusi Dlomo**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Malusi Dlomo
COUNTRY: R.S.A
CLUB: Nedbank Running Club
D.O.B: 8 February 1986
NATIONALITY: South African

PERSONAL BEST TIMES

Distance	Time	Venue	Year
50km	2:51:57	Port Elizabeth	2023
Comrades	5:58:06	Durban	2016

Personal Performances 2023

Nedbank Runified 50km, 2:51:57

Personal Performances 2022

Nedbank Runified 50km, 2:55:46

Personal Performances 2021

Nedbank Runified 50km, 2:57:25

Personal Performances 2019

Comrades Marathon - Up Run (RSA) 87km 6:30:03
 Loskop Ultra Marathon 50km (RSA) 50km 2:57:18, 6th
 Chamberlain Capital Classic (agn) 21km 1:12:30, 4th
 Clicks Smu (agn) 21km 1:09:34, 3rd
 Afriforum Springbok Vasbyt (agn) 25km 1:37:26, 4th
 Cango (swd) 42km 2:23:52, 1st
 Bronkhorstspuit (agn) 32km 1:53:57, 4th

Personal Performances 2018

Comrades Marathon - Down Run (RSA) 90km 6:10:03
 Two Oceans Marathon (RSA) 56km 3:32:35
 Mall of The North (Iima) 42km 2:35:12, 4th

Personal Performances 2017

Comrades Marathon - Up Run (RSA) 87km 6:20:21



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CURRICULUM VITAE: Onalenna Khonkhobe

PERSONAL DETAILS

FIRST NAME / SURNAME: Onalenna Khonkhobe
DATE OF BIRTH: 29 April 1996
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

Distance	Time	Venue	Year
3000 Metres	8:56.63	Potchefstroom (RSA)	2021
Half Marathon	1:06:46	Port Elizabeth (RSA)	2021

Personal Performances 2023

Nedbank Runified 50km, 2:39:41, 2nd

Best Performances 2022

Race to Equality, Johannesburg, 1:10:04, 8th
Klerksdorp Marathon, 2:22:19, 1st
Two Oceans 56km, 3:12:57, 6th

Best Performances 2021

ACNW Open T&F Meeting, McArthur Stadium, Potchefstroom 8:56.63, 6th
ACNW Open T&F Meeting, McArthur Stadium, Potchefstroom 9:07.55, 4th
Nelson Mandela Bay Half Marathon, Port Elizabeth 1:06:46



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CURRICULUM VITAE: Mziwenkosi Mjaja

PERSONAL DETAILS

FIRST NAME / SURNAME: Mziwenkosi Mjaja
DATE OF BIRTH: 12 June 1989
CLUB: Nedbank Running Club
NATIONALITY: South African

Personal best Performances

<u>Event</u>	<u>Performance</u>	<u>Venue</u>	<u>Date</u>
5000m	14:45.29	Durban (RSA)	2021
10,000m	30:04.20	Durban (RSA)	2021
10km	30:35	Durban (RSA)	2022
Marathon	2:30:06 *	KwaMashu (RSA)	2015

Performances 2022

ABSA RYC Durban 10k, Durban, 30:35
 Best of Best Marathon, 2:40:50

Performances 2021

KZNA Full Day League 5000m, Durban, 14:45, 3rd
 KZNA 10000m League, Durban, 30:04, 6th

Performances 2020

Go beyond for a child 15km, 55:00.
 Kearsney half marathon 21.1, 1:12:00
 DG Panel & Paint challenge 16km, 55:00
 Zabalaza marathon 10km, 31:35



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CURRICULUM VITAE: Mike Fokoroni

PERSONAL DETAILS

FIRST NAME / SURNAME: Mike Fokoroni
DATE OF BIRTH: 10 January 1977
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe



PERSONAL BEST TIMES

Distance	Time	Venue	Year
10 km Road	29:41	Mamelodi (RSA)	2009
Half Marathon	1:03:04	Port Elizabeth (RSA)	2009
Marathon	2:13:17	Beijing (CHN)	2008
50km	2:49:05	Port Elizabeth (RSA)	2023

Bests Performance 2023

Nedbank Runified 50km, 2:49:05, 9th

Bests Performance 2022

Nedbank Runified 50km, 2:49:58, 7th
 Two Oceans 56km, 3:27:33

Comrades Marathon

2012 Down, 05:58:37, 30th
 2013 Up, 05:50:11, 8th
 2014 Down, 05:45:46, 13th
 2015 Up, 06:37:16, 60th
 2016 Down, 05:35:09, 4th
 2017 Up, 05:59:23, 18th
 2019 Up, 06:01:37, 20th

Two Oceans Marathon

2010, 03:11:38, 6th
 2011, 03:11:25, 7th
 2013, 03:13:29, 10th
 2015, 03:16:56, 6th
 2016, 03:13:33, 1st
 2017, 03:18:35, 11th
 2018, 03:16:38, 10th
 2021, 03:27:33, 29th



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CURRICULUM VITAE: **Mabothile Lebopo**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Mabothile Lebopo
DATE OF BIRTH: 25 December 1975
CLUB: Nedbank Running Club
NATIONALITY: Lesotho

Personal Bests

Event	Result	Venue	Date
10,000m	28:57.07	Port Elizabeth (RSA)	2001
10km	29:11	Holcim (RSA)	2004
Half Marathon	1:03:39	Cape Town (RSA)	2006
Marathon	2:13:42	Durban (RSA)	2009
50km	2:45:59	Port Elizabeth (RSA)	2022

Best Performances 2022

Nedbank Runified 50km, 2:45:59, 4th
Comrades Marathon Up Run, 5:50:04, 12th
Soweto Marathon, Soweto RSA, 2:26:27, 15th

Best Marathon Performances

2022	2:26:27	Soweto Marathon
2019	3:16:01	Two Oceans 56km
2018	2:29:12	Mandela Day Marathon (RSA)
2018	1:05:33	East London Legends Half Marathon
2012	2:17:14	Soweto (RSA)
2011	2:20:27	Soweto (RSA)
2010	2:22:22	Soweto (RSA)
2009	2:13:42	Durban (RSA)
2008	2:13:52	Durban (RSA)
2007	2:14:31	Port Elizabeth (RSA)
2006	2:19:00	Johannesburg (RSA)
2005	2:24:39	Soweto (RSA)
2004	2:18:05	Soweto (RSA)
2003	2:16:12	Pyongyang (PRK)
2002	2:19:50	Soweto (RSA)
2001	2:25:04	Port Elizabeth (RSA)



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CURRICULUM VITAE: Jo Fukuda

PERSONAL DETAILS

FIRST NAME / SURNAME: Jo Fukuda
DATE OF BIRTH: 31 December 1990
CLUB: Nedbank Running Club
NATIONALITY: Japan
GENDER: Male

PERSONAL BEST

Event	Result	Venue	Date
5000 Metres	14:09.61	Nobeoka (JPN)	2018
10,000 Metres	28:44.67	Saga (JPN)	2017
10 Miles Road	47:16	Kosa (JPN)	2017
20 Kilometres	1:01:01	Tachikawa (JPN)	2011
Half Marathon	1:02:25	Marugame (JPN)	2019
Marathon	2:09:52	Gold Coast (AUS)	2018



Best Performances 2023

Kumamoto Castle Marathon, Kumamoto JPN, 2:18:54, 2nd
Tokyo Marathon, Tokyo JPN, 2:12:23

Best Performances 2022

Bangsaen21 Half Marathon, Chon Buri THA, 1:05:46, 8th
The Combined 10th Osaka Marathon, Osaka JPN, 2:11:29, 21st
Village Roadshow Theme Parks Gold Coast Marathon, Gold Coast AUS, 2:10:55, 1st

Best Performances 2021

Göteborg Half Marathon, Göteborg SWE, 1:05:37, 11th
TCS Amsterdam Marathon, Amsterdam NED, 2:12:29
The 75th Fukuoka International Open Marathon, Fukuoka JPN, 2:13:34, 17th
52nd Hofu Yomiuri Marathon, Hofu JPN, 2:12:26, 6th



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CURRICULUM VITAE: **Piet Wiersma**

PERSONAL DETAILS

FIRST NAME / SURNAME: Piet Wiersma
DATE OF BIRTH: 20 October 1997
CLUB: Nedbank Running Club
NATIONALITY: Netherlands
GENDER: Male

PERSONAL BEST

Event	Result	Venue	Date
Marathon	2:18:59	Sevilla (ESP)	2023
100 Kilometres	6:18:47	Bernau (GER)	2022

Best Performances 2023

Zurich Maraton de Sevilla, Sevilla ESP, 2:18:59

Best Performances 2022

100k World Ch., Bernau GER, 6:18:47, 3rd

Best Performances 2021

45. RUN Winschoten 100 km, Winschoten NED, 6:49:47, 3rd



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CURRICULUM VITAE: **Wayne Spies**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Wayne Spies
COUNTRY: Australia
CLUB: Nedbank Running Club
D.O.B:

PERSONAL BEST PERFORMANCES

Distance	Time	Venue	Date
Half Marathon	1:10:23	Perth (AUS)	2020
Marathon	2:25:47	Gold Coast (AUS)	2022
50km	2:59:54	Port Elizabeth (RSA)	2022

Personal Performances 2022

Cadbury Marathon, Hobart, 2:31:09, 1st
 Village Roadshow Theme Parks Gold Coast Marathon, 2:25:47, 15th
 Nedbank Runified 50km, 2:59:54

Personal Performances 2019

Roads to Rhodes Marathon, Rhodes GRE, 2:29:53, 1st
 MTN Kampala Marathon, Kampala, 2:22:00, 11th



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CURRICULUM VITAE: Alex Milne

PERSONAL DETAILS

FIRST NAME / SURNAME: Alex Milne
DATE OF BIRTH: 1990
CLUB: Nedbank Running Club
NATIONALITY: Great Britain
GENDER: Male

PERSONAL BEST

Event	Result	Venue	Date
5km	14:54	Monaco (MON)	2023
5m	24:44	London (GBR)	2021
10km	30:03	Chichester (GBR)	2020
15km	47:25	Tampa, FL (USA)	2020
10mile	51:38	Twickenham (GBR)	2016
Half Marathon	1:07:41	Oxford (GBR)	2016
Marathon	2:16:30	London (GBR)	2023
50km	2:54:33	Spain	2022

Best Performances 2023

MonacoRun 5km, Monaco, 14:54
TCS London Marathon, London GBR, 2:16:30, 18th

Best Performances 2022

FASTFriday 10000m, Waltham Forest Track Walthamstow, LondonGBR, 30:50.54, 8th
Wokingham Half Marathon, Wokingham GBR, 1:07:40, 4th
Therme Manchester Marathon, Manchester GBR, 2:17:53, 13th
Maraton Valencia Trinidad Alfonso EDP, Valencia ESP, 2:17:42
IAU 50km European Championships (ESP), 2:54:33, 6th



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CURRICULUM VITAE: **Calum Neff**

PERSONAL DETAILS

FIRST NAME / SURNAME: Calum Neff
DATE OF BIRTH: 15 August 1984
CLUB: Nedbank Running Club
NATIONALITY: United States
GENDER: Male

PERSONAL BEST

Event	Result	Venue	Date
1500 Metres	3:54.55	Austin, TX (USA)	2006
5000 Metres	14:39.75	Houston, TX (USA)	2019
3000m Steeplechase	9:19.96	Palo Alto, CA (USA)	2006
Half Marathon	1:07:22	Houston, TX (USA)	2019
Marathon	2:19:33	Houston, TX (USA)	2022
50km	2:57:58	Brasov (ROM)	2019
Comrades	6:18:25	Durban (RSA)	2019

Best Performances 2023

B.A.A. Boston Marathon, Boston, MA - Mass Race USA, 2:22:11, 8th

Best Performances 2022

Chevron Houston Marathon, Houston, TX USA, 2:19:33
Ascension Seton Austin Marathon, Austin, TX USA, 2:27:59, 6th
B.A.A. Boston Marathon, Boston, MA - Mass Race USA, 2:23:44, 6th
BMW Berlin Marathon, Berlin GER, 2:21:47



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CURRICULUM VITAE: Julien Nison

PERSONAL DETAILS

FIRST NAME / SURNAME: Julien Nison
DATE OF BIRTH: 25 July 1988
CLUB: Nedbank Running Club
NATIONALITY: France
GENDER: Male

PERSONAL BEST

Event	Result	Venue	Date
3000 Metres	8:48.60	Halluin (FRA)	2014
5000 Metres	15:24.65	Villeneuve (FRA)	2014
Marathon	2:26:14	Valencia (ESP)	2017
100 Kilometres	6:49:50	Bernau (GER)	2022

Best Performances 2022

Berlin Bernau, IAU 100 km WC (GER) 6:49:50 24th

Best Performances 2021

Internacionales de Cantabria (ESP) 100km, 7:02:21, 2nd



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CURRICULUM VITAE: **Galaletsang Mekgoe**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Galaletsang Mekgoe
COUNTRY: South Africa
DATE OF BIRTH: 17 October 1995
CLUB: Nedbank Running Club

Best Performances 2023

Nedbank Runified 50km 2:33:23, 11th

Best Performances 2022

Nedbank Runified 50km 2:30:24, 7th
 Comrades Marathon (Down Run), 6:42:53, 5th
 Soweto Half Marathon, 1:25:42, 3rd

Best Performances 2021

Spar Ladies Pietermaritzburg, 39min
 Spar Ladies Pretoria, 39min
 Spar Ladies Johannesburg, 38min
 Northwest provincial 10km champs, 38mins, 1st

Best Performances 2020

Intercare classic 21km, 1hr 27mins, 2nd
 ANWN Provincial champs 10km Tsitsing position, 38mins, 1st

Best Performances 2019

Intercare classic 21km, 1hr28min, 2nd
 Irene ultra 21km, 1hr26min, 2nd
 FNB City Run Joburg 10km, 38min, 10th



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CURRICULUM VITAE: **Adele Broodryk**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Adele Broodryk
COUNTRY: R.S.A.
DATE OF BIRTH: 20 September 1990
CLUB: Nedbank Running Club AGN



Personal Bests

Event	Result	Venue	Date
10km	34:49	Durban (RSA)	2022
Half Marathon	1:22:16	Port Elizabeth (RSA)	2015
Marathon	2:47:54	Cape Town (RSA)	2021
50km	3:18:03	Port Elizabeth (RSA)	2023
Two Oceans 56km	3:46:35	Cape Town (RSA)	2022
Comrades Marathon	6:26:35	Durban (RSA)	2022

Bests Performances 2023

Bert's Bricks Half Marathon 1:18:30, 1st
 Nedbank Runified 50km, 3:18:03, 7th
 Om Die Dam 50km, 3:31:10, 1st
 Two Oceans 56km, 3:53:27, 8th
 N12 Ultra 50km, 3:32:37, 3rd

Bests Performances 2022

Comrades 90km Downrun 6:26:35, 3rd
 Om-die-Dam Ultra Marathon 50km 3:23:48, 1st
 N12 Ultra-Marathon 46.5km 3:08:34, 2nd
 Two Oceans Ultra-marathon 56km 3:46:35, 6th
 Motsepe Half-Marathon 1:21:42, 3rd
 Dischem Half-marathon 1:24:07, 3rd



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CURRICULUM VITAE: **Fikile Mbuthuma**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Fikile Mbuthuma
DATE OF BIRTH: 23 December 1980
CLUB: Nedbank Running Club KZN
NATIONALITY: South African

Personal Bests

Event	Result	Venue	Date
Marathon	2:58:02	East London (RSA)	2015
50km	3:42:14	Port Elizabeth (RSA)	2022
100km	7:59:17	WMA, Sveti Martin (CRO)	2018

Best Performances 2023

Durban International Marathon, 3:01:54

Best Performances 2022

Nedbank Runified 50km, 3:42:14, 10th
Comrades Marathon - Down Run (RSA) 89km 7:20:21, 25th

Best Performances 2019

IAU 50km WC Brasov (ROU) 50km 3:47:15, 39th
Comrades Marathon - Up Run (RSA) 87km 7:24:48, 29th
Two Oceans Marathon (RSA) 56km 4:32:43, 41st

Comrades Marathon Results

2022 Down, 07:20:21, 25th
2019 Up, 07:24:48, 29th
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



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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: horndeanne@gmail.com
CONTACT: 082 683 4034
TWITTER: @HornDeanne_

PERSONAL BEST TIMES

Distance	Time	Venue	Year
Marathon	2:47:49	North West (RSA)	2020
Comrades	7:01:20	KZN (RSA)	2019
100km	8:22:19	Sveti Martin (Croatia)	2018

Best Performances 2023

Nedbank Runified 50km, 3:18:03, 7th
 N12 Ultra 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

Best Performances 2018

Comrades Marathon 7:06, 15th
 Two Oceans Ultra 4:06, 16th
 100km World Championships Croatia 8:22:19
 21.1Km Knysna 1:25, New course record, 1st
 Oxpecker Trail run 32km, 2-day stage race, course record 2:39, 1st
 Klerksdorp marathon 3:01, 1st



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CURRICULUM VITAE: Ilse Marais

PERSONAL DETAILS

FIRST NAME / SURNAME: Ilse Marais
DATE OF BIRTH: 30 September 1977
CLUB: Nedbank Running Club
NATIONALITY: South Africa

PERSONAL BEST

Event	Result	Venue	Date
10km	37:36	Cape Town (RSA)	2021
Half Marathon	1:21:13	Port Elizabeth (RSA)	2021
Marathon	2:59:11	Cape Town (RSA)	2021

Bests Performances 2022

Comrades Marathon - Down Run (RSA) 90km, 7:21:46
Cape Peninsula Marathon, Cape Town RSA, 3:07:36

Bests Performances 2021

SPAR Grand Prix Maritzburg, Pietermaritzburg RSA, 38:05
SPAR Grand Prix Cape Town, Cape Town RSA, 37:36
Nelson Mandela Bay Half Marathon, Port Elizabeth RSA, 1:21:13
Sanlam Cape Town Marathon, Cape Town RSA, 2:59:11



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CURRICULUM VITAE: Dominika Stelmach

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Dominika Stelmach
COUNTRY: Poland
DATE OF BIRTH: 28 February 1982
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
10 Kilometres	34:38	Warszawa (POL)	2018
Half Marathon	1:15:17	Warszawa (POL)	2017
Marathon	2:36:45	Debno (POL)	2021
50km	3:10:25	Gqeberha (RSA)	2021
100km	8:01:30	Poland	2016

Best Performances 2022

Kaiser Permanente Half Marathon, San Francisco, CA USA, 1:16:15, 1st
Comrades Marathon - Down Run (RSA) 90km, 6:25:09, 2nd

Best Performances 2021

Maraton Dębno, Debno POL 2:36:45, 8th
Piaseczyńska Piątka 5000m, Piaseczno POL 17:44.08, 3rd
Maraton Warszawski, Warszawa POL 2:41:47, 2nd
Nedbank Runified 50km, 3:10:25, 3rd

Best Performances 2020

Cape Peninsula Half Marathon, Cape Town, 1:18:31, 2nd
PZU Orlen Warsaw Marathon, Warszawa POL 2:41:57, 1st

Performances 2019

Ultra-Trail Cape Town (UTCT) 100 Km (RSA) 12:15:36, 3rd
IAU 50km WC Brasov (ROU) 3:17:27, 4th
Comrades Marathon - Up Run (RSA) 87km 6:34:58, 5th
Two Oceans Marathon (RSA) 56km 3:50:08, 4th



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CURRICULUM VITAE: **Caitriona Jennings**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Caitriona Jennings
COUNTRY: Ireland
DATE OF BIRTH: 17 June 1980
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

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
50 Kilometers	3:19:49	Brasov	2019
100 Kilometers	7:07:01	Germany	2022
Comrades Marathon	6:24:12	Durban	2019



PERSONAL PERFORMANCES 2022

Regeneron Great Limerick Run Marathon, Limerick IRL, 2:41:09, 1st
 100km World Ch., Bernau GER, 7:07:16, 3rd

PERSONAL PERFORMANCES 2021

Irish National Championships 100km, 7:43:01, 1st (IRISH NATIONAL RECORD)
 Standard Chartered Hong Kong Marathon, Hong Kong 2:51:31, 3rd

PERSONAL PERFORMANCES 2019

Rotterdam Marathon (NED) 2:38:42
 Comrades Marathon Up 6:24:12, 3rd

PERSONAL PERFORMANCES 2018

Dublin Marathon 2:41:17, 6th
 Donadea 50km Race (IRL) 3:24:30, 1st
 Indoor Marathon New York 2:53:11, 2nd
 Seeley Cup 10km 35:41, 3rd



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CURRICULUM VITAE: **Camille Chaigneau**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Camille Chaigneau
COUNTRY: France
DATE OF BIRTH: 8 October 1987
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
5000m	16:28.31	Dijon (FRA)	2020
10000m	33:57.29	Pacé (FRA)	2020
10km	34:32	Nice (FRA)	2020
Marathon	2:37:37	Paris (FRA)	2023
100km	7:06:32	Bernau (GER)	2022

Best Performances 2023

PromClassic 10km, Nice FRA, 34:55, 10th
French 10km Championships, Houilles FRA, 35:08, 11th
Schneider Electric Marathon de Paris, Paris FRA, 2:37:37, 13th

Best Performances 2022

100k World Ch., Bernau GER, 7:06:32, 2nd



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CURRICULUM VITAE: Petra Pastorová

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Petra Pastorová
COUNTRY: Czech Republic
DATE OF BIRTH: 6 January 1977
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
1500m	5:00.07	Kladno (CZE)	2012
5000m	17:19.81	Vyškov (CZE)	2012
10km	35:34	Frydek-Místek (CZE)	2019
15km	56:17	Belchatow (POL)	2016
Half Marathon	1:14:10	Pardubice (CZE)	2013
Marathon	2:36:44	Praha (CZE)	2013

Best Performances 2023

Prague Marathon, Praha - Czech Marathon Ch. CZE, 2:44:38, 11th
di Romagna (ITA) 50km, 3:28:29, 2nd
ore di Torino (ITA) 24h, 230.997km, 1st

Best Performances 2022

Mistrovství Moravy a Slezska 3000m, Atletická hala, Ostrava CZE, 10:07.26
Mattoni Karlovy Vary Half Marathon, Karlovy Vary CZE, 1:17:41, 1st
Zurich Maraton de Sevilla, Sevilla ESP, 2:46:31
Maraton Dębno Dębno, Dębno POL, 2:42:18, 3rd
IAU 50km European Championships (ESP), 3:30:35, 8th
100 km Berlin Bernau, WMA 100 km WC (GER) 100km, 7:18:06, 2nd
50km di Romagna (ITA), 3:28:01, 1st

Best Performances 2021

Mattoni České Budějovice Half Marathon, České Budějovice CZE, 1:19:21, 3rd
Asics Firenze Marathon, Firenze ITA, 2:44:39, 11th



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CURRICULUM VITAE: **Diana Dzaviza**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Diana Dzaviza
COUNTRY: Latvia
DATE OF BIRTH: 17 April 1987
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
Marathon	2:49:05	Sevilla (ESP)	2022

Best Performances 2023

Zurich Maraton de Sevilla, Sevilla ESP, 2:55:38
Berlin Bernau, IAU 100 km WC (GER), 7:53:16

Best Performances 2022

Zurich Maraton de Sevilla, Sevilla ESP, 2:49:05



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CURRICULUM VITAE: Caroline Turner

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Caroline Turner
COUNTRY: UK
DATE OF BIRTH: 25 March 1982
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

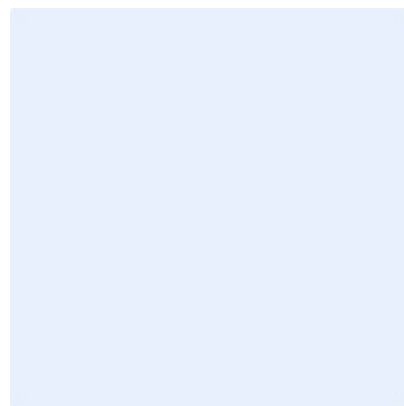
<u>Distance</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
Marathon	2:49:08	Málaga (ESP)	2021

Best Performances 2022

Berlin Bernau, WMA 100 km WC (GER), 7:45:42, 3rd
 Gloucester Track Races (GBR) 50km, 3:30:36, 1st

Best Performances 2021

The Ilkley Half Marathon, Ilkley GBR, 1:21:56, 1st
 Zurich Maratón Málaga, Málaga ESP, 2:49:08, 12th



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CURRICULUM VITAE: Radka Churanova

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Radka Churanova
COUNTRY: Czech Republic
DATE OF BIRTH: 3 June 1977
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
1500m	4:49.50	Chrudium (CZE)	2011
5000m	18:20.61	Jablonec nad Nisou (CZE)	2012
10,000m	36:32.08	Plzeň (CZE)	2004
5km	16:59	Praha (CZE)	2001
10km	35:50	Düsseldorf (GER)	2003
15km	54:28	Nijmegen (NED)	2004
Half Marathon	1:18:30	Breda (NED)	2003
25km	1:36:55	Apeldoorn (NED)	2016
Marathon	2:45:29	Praha (CZE)	2004

Best Performances 2023

50km di Romagna (ITA), 3:37:53, 9th
Běhu na 100 Km Pilsen (CZE), 7:45:45, 1st

Best Performances 2022

Běhu na 100Km Pilsen (CZE), 7:18:53, 1st

Best Performances 2021

Běhej Lesy Jizerská 50 Km (CZE) 50km, 3:47:29, 1st



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CURRICULUM VITAE: Jackie Kellerman

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Jackie Kellerman
COUNTRY: British/South African
DATE OF BIRTH: 4 August 1976
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
5km	18:08	Parkrun	2020
10km	37:44	Perth, Australia	2020
Half Marathon	1:23	Perth Half Marathon	2021
Marathon	2:55	Bibra Lake Marathon	2020
50km	3:28	Bibra Lake Ultra	2022
100km	8:14	Australian Day Ultra	2021
Comrades Marathon (Up)	7:34	Durban	2019

Best Performances 2022

Goldfields Pipeline Ultra (AUS) 50km, 3:43:54, 1st
50Km Nedbank Ultra Marathon Runified (RSA), 3:28:14, 6th

Best Performances 2021

100km ADU (1st overall) (New course record) 8:14, 1st
Bunbury Marathon 50km (2nd overall)(New course record) 3:35, 1st



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