



**COMRADES MARATHON
2024
Nedbank Running Club Male – 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



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	5:17:34	Durban RSA	2023

Best Performances 2023

Nedbank Runified 50km 2:50:26, 13th
Comrades Marathon (Down Run), 5:17:34, 3rd
Phobians 15km, 50:33, 2nd
Brooklyn 32km, 1:51:29, 3rd
Sanlam Cape Town Marathon, 2:14:23

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



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CURRICULUM VITAE: **Dan Moselakwe Matshailwe**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Daniel Matshailwe
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
Comrades	5:36:25	Durban RSA	2022

Personal Performances 2023

Two Oceans 56km, 3:10:18, 2nd
 Soweto Marathon, 2:24:29

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 (Ilima) 21km 1:10:40, 1st
 Tuks Bestmed (agn) 21km 1:11:30, 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
CONTACT: 079 848 3788



PERSONAL BEST PERFORMANCES

Distance	Time	Venue	Year
Half Marathon	1:06:25	Phalaborwa (RSA)	2019
50 km	2:47:37	PE (RSA)	2021
Comrades	5:29:34	Durban (RSA)	2023

Comrades Marathon Results

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

Comrades Marathon - Down Run (RSA) 87km, 5:29:49, 10th
Nedbank Ultra Marathon 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



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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	2:13:24	Cape Town (RSA)	2023
Comrades	5:13:58	Durban (RSA)	2023

Best Performances 2023

Nedbank Runified, 50km, 2:39:04, 1st
 Comrades Marathon (Down Run), 5:13:58, 1st
 Phobians 15km, 50:34, 3rd
 Brooklyn 32km, 1:54:23, 4th
 Cape Town Marathon, 2:13:24, 10th

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: **Johannes Makgetla**

PERSONAL DETAILS

FIRST NAME / SURNAME: Johannes Makgetla
DATE OF BIRTH: 11 May 1982
CLUB: Nedbank Running Club
NATIONALITY: South African
EMAIL: Dave.adams.sa@gmail.com

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
Half Marathon	1:13	Johannesburg	2021
Marathon	2:21:14	Cape Town	2021
50km	2:50:56	Port Elizabeth (RSA)	2023
Comrades	5:23:34	Pietermaritzburg	2023

Best Performances 2024

Balwin Sport Pretoria Marathon, 2:29:02

Best Performances 2023

Comrades Marathon - Down Run (RSA) 87km, 5:23:34, 6th
50Km Nedbank Ultra Marathon 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: 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

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
3000m	8:56.63	Potchefstroom (RSA)	2021
Half Marathon	1:03:13	Johannesburg (RSA)	2022
Marathon	2:22:19	Klerksdorp (RSA)	2022
50km	2:39:41	Port Elizabeth (RSA)	2023

Best Performances 2024

Dischem Half Marathon, 1:05:41, 1st
 Two Oceans 56km, 3:09:30, 1st

Best Performances 2023

SA Run4Cancer 48km, 2:37:57, 1st
 Comrades Marathon - Down Run (RSA) 87km, 5:59:08
 Nedbank Runified 50km, 2:39:41, 2nd

Best Performances 2022

Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:03:13
 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: **Pfarelo Sylvester Mathada**

PERSONAL DETAILS

FIRST NAME / SURNAME: Pfarelo Sylvester Mathada
DATE OF BIRTH: 2 August 1989
CLUB: Nedbank Running Club
NATIONALITY: South Africa

PERSONAL BEST TIMES

Event	Time	Location	Year
Marathon	2:23:27	Cape Town (RSA)	2022

Personal Performances 2024

Om Die Dam 50km (RSA), 50km, 3:01:03, 1st
50Km Nedbank Ultra Marathon Runified (RSA), 2:56:50, 8th

Personal Performances 2023

Comrades Marathon - Down Run (RSA) 90km, 7:12:05
Om Die Dam 50km (RSA) 50km, 2:59:27, 2nd

Personal Performances 2022

Cape Peninsula Marathon, Cape Town RSA, 2:23:27, 2nd
Durban International Marathon, Durban RSA, 2:31:45
Comrades Marathon - Down Run (RSA) 90km, 6:07:42 34th
Om Die Dam 50km (RSA) 50km, 3:02:56, 6th



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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

Best Performances 2024

Runified 50km, 2:52:25, 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



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CURRICULUM VITAE: **Siyabonga Mafuleka**

PERSONAL DETAILS

FIRST NAME / SURNAME: Siyabonga Mafuleka
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
Marathon	2:21:49	Port Elizabeth (RSA)	2023
50km	2:49:39	Port Elizabeth (RSA)	2023

Best Performances 2024

Runified 50km, 3:01:25

Best Performances 2023

Nedbank Runified 50km, 2:49:39, 12th
Comrades Marathon, 5:39:55

Best Performances 2022

Only Started running competitively in 2023



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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
TWITTER: @FokoroniMike
INSTAGRAM: #fokoroni



PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
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

Prince Mangosuthu Ultra Marathon (RSA) 52km, 3:02:01, 10th
50Km Nedbank Ultra Marathon Runified, 2:49:05, 9th
SA Run4Cancer 48km, 2:55:00

Comrades Marathon

2013 Up, 05:50:11, 8th
2016 Down, 05:35:09, 4th
2023 Down, 05:54:10

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
2018, 03:16:38, 10th



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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
Comrades	5:14:01	Pietermaritzburg	2023
100 Kilometres	6:18:47	Bernau (GER)	2022

Best Performances 2023

Zurich Maraton de Sevilla, Sevilla ESP, 2:18:59
Comrades Marathon - Down Run (RSA) 87km, 5:14:01, 2nd
di Romagna (ITA) 50km, 3:02:57, 6th

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

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Date</u>
Half Marathon	1:10:23	Perth (AUS)	2020
Marathon	2:25:47	Gold Coast (AUS)	2022
50km	2:59:54	Port Elizabeth (RSA)	2022
Comrades	5:42:01	Pietermaritzburg	2023

Personal Performances 2024

Cadbury Marathon Festival, Hobart, AUS, 2:31:46, 1st

Personal Performances 2023

Hyderabad Ultra Marathon - 50km open race (IND), 3:03:42, 21st
 Comrades Marathon - Down Run (RSA) 87km, 5:42:01, 26th

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
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	2:51:25	(GBR)	2023
Comrades	5:31:35	Pietermaritzburg	2023



Best Performances 2023

MonacoRun 5km, Monaco, 14:54
TCS London Marathon, London GBR, 2:16:30, 18th
Running GP at Goodwood Motor Circuit (GBR) 50km, 2:51:25, 1st
Comrades Marathon - Down Run (RSA) 87km, 5:31:35, 15th

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: Lyno Muchena

PERSONAL DETAILS

FIRST NAME / SURNAME: Lyno Muchena
DATE OF BIRTH: 2 January 1988
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
Half Marathon	1:07:33	Polokwane (RSA)	2007
Marathon	2:24:12	Kazungula (BOT)	2023

Best Performances 2024

Two Oceans 56km, 3:14:41, 10th

Bests Performance 2023

FNB Kazungula Bridge Marathon, Kazungula BOT, 2:24:12, 4th
SA Run4Cancer 48km, 2:42:55

Bests Performance 2022

Two Oceans Marathon (RSA) 56km, 3:26:06



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CURRICULUM VITAE: **Degefa Yohannese Lafebo**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Degefa Yohannese Lafebo

DATE OF BIRTH: 2 October 1993

CLUB: Nedbank Running Club

NATIONALITY: Ethiopia

Personal Bests

Event	Result	Venue	Date
Half Marathon	1:04:37	Bengaluru (IND)	2017
Marathon	2:16:54	San Sebastián (ESP)	2021

Best Performances 2024

Two Oceans 56km, 3:12:47, 7th

Best Performances 2023

Two Oceans 56km, 3:12:49, 6th



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CURRICULUM VITAE: Nikolay Volkov

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Nikolay Volkov
DATE OF BIRTH: 5 July 1985
CLUB: Nedbank Running Club
NATIONALITY: Russia

Personal Bests

Event	Result	Venue	Date
3000m	8:47.79	St. Petersburg (RUS) (i)	2018
Half Marathon	1:06:56	St. Petersburg (RUS)	2021
Marathon	2:15:12	Sochi (RUS)	2020

Best Performances 2023

Perm Marathon, Perm RUS, 2:18:49, 2nd

Best Performances 2022

Russian Marathon Championships, Sochi RUS, 2:17:33, 7th
White Nights Marathon, St. Petersburg RUS, 2:17:51, 2nd
Perm Marathon, Perm RUS, 2:16:18, 1st



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CURRICULUM VITAE: **Galaletsang Mekgoe**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Galaletsang Mekgoe
COUNTRY: South Africa
DATE OF BIRTH: 1995/10/17
CLUB: Nedbank Running Club



Best Performances 2024

Runified 50km, 3:35:56, 6th

Best Performances 2023

Nedbank Runified 50km 3:33:23, 11th
Comrades Marathon (Down Run), 6:31:19, 11th

Best Performances 2022

Nedbank Runified 50km 3:30:24, 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: 1990/09/20
CLUB: Nedbank Running Club AGN
INSTAGRAM: del_run
FACEBOOK: Adele Broodryk - runner



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
Two Oceans 56km	3:46:35	Cape Town (RSA)	2022
Comrades Marathon	6:26:35	Durban (RSA)	2022

Bests Performances 2024

Peninsula Marathon, 2:46:46, 1st
N12 Ultra Marathon (RSA) 50km, 3:22:16, 2nd
Two Oceans Marathon (RSA) 56km, 3:47:50, 8th
City2City 50km, 3:42:07, 5th

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
Comrades 90km Downrun 5:56:26, 2nd

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
Spar Grand Prix Series 10km Port Elizabeth – 35:20, 17th
Spar Grand Prix Series 10km Durban – 34:48, 15th



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CURRICULUM VITAE: **Slindile Chili**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Slindile Chili
COUNTRY: South Africa
DATE OF BIRTH: 1994/07/03
CLUB: Nedbank Running Club

Personal Best Performances

Discipline	Performance	Venue	Date
10,000m	38:44.21	Stellenbosch (RSA)	2015
10km	37:05	Durban (RSA)	2014
Half Marathon	1:22:28	Mount Edgecombe (RSA)	2014
Marathon	2:57:21	Mossel Bay (RSA)	2019

Best Performances 2024

Runified 50km, 3:32:13, 2nd

Best Performances 2023

Brooklyn Road Race Half Marathon, 1:30:10, 7th
SA Run 4 Cancer 48km Ultra Marathon, 3:26:01, 3rd

Best Performances 2022

Durban City Marathon, Durban, RSA, 3:00:56, 1st

Best Performances 2021

KZNA 10000m League, Durban, RSA, 39:53.34, 4th
KZNA Ch., Durban, RSA, 39:41.52, 4th
Prince Mangosuthu Ultra Marathon, 4:08:46, 4th

Best Performances 2019

Petro SA Marathon, Mossel Bay, RSA, 2:57:21, 6th



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CURRICULUM VITAE: DEANNE LAUBSCHER

PERSONAL DETAILS

FIRST NAME / SURNAME: Deanné Laubcher
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	6:36:56	KZN (RSA)	2023
100km	8:22:19	Sveti Martin (Croatia)	2018

Best Performances 2024

Peninsula Marathon, 2:47:51, 2nd
 City2City 50km, 3:31:33, 3rd

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

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: **Maretha Smit**

PERSONAL DETAILS

FIRST NAME / SURNAME: Maretha Smit
DATE OF BIRTH: 16 February 1989
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

Distance	Time	Venue	Date:
Marathon	2:55:10	Cape Town (RSA)	2024

Best Performances 2024

Peninsula Marathon, 2:55:10, 3rd

Best Performances 2023

Cape Town Marathon, 2:55:34, 15th
Comrades Marathon - Down Run (RSA), 87km, 6:57:56, 25th
Two Oceans Marathon (RSA) 56km, 4:07:09, 15th

Best Performances 2022

Comrades Marathon - Down Run (RSA) 90km, 7:11:51, 18th
Om Die Dam 50km (RSA) 50km, 3:50:45, 12th
Two Oceans Marathon (RSA) 56km, 4:11:49, 14th



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CURRICULUM VITAE: Landie Greyling

PERSONAL DETAILS

FIRST NAME / SURNAME: Landie Greyling
DATE OF BIRTH: 11 January 1984
CLUB: Nedbank Running Club
NATIONALITY: South African

Personal Best Time

Distance	Time	Venue	Date:
Marathon	2:51:10	Cape Town (RSA)	2024

Best Performances 2024

Cango Marathon, 2:51, 1st
Two Oceans 56km, 4:11:23

Best Performances 2023

Merrell Whale of Trail (RSA) 53km, 5:43:25, 1st
World Mountain & Trail Running Championships 2023 (WMTRC) 45km, 5:43:36

Best Performances 2022

Ultra-Trail Cape Town (UTCT) 55 Km (RSA) 55km, 6:23:31, 1st
Cape Town Trail Marathon by Ryan Sandes (RSA) 46km, 5:24:24, 1st
Merrell Whale of Trail (RSA) 53km, 5:50:25, 1st
Ultra Trail Drakensberg - Giant's Cup Uncut (GCU 62) (RSA) 62km, 6:43:04, 2nd

Best Performances 2021

SkyRun Lite 65 Km (RSA) 65km, 9:41:51, 1st



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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	7:04:30	Poland	2020

Best Performances 2024

24hrs Sittard - 50km Split (NED), 3:39:16, 1st
Transgrancanaria 126km (ESP), 17:49:19, 4th
Wings for Life, 55.02km, 1st

Best Performances 2023

Hyderabad Ultra Marathon - IAU 50 km WC (IND), 3:24:45, 8th
Comrades Marathon - Down Run (RSA) 87km, 6:06:02, 4th
Spartanion 24-Hour Race - 100km Split (ISR), 7:23:20, 1st

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 Debno, 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



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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
10km	35:28	Dublin (IRL)	2011
10mile	58:00	Dublin (IRL)	2011
Half Marathon	1:15:29	Newry City (GBR)	2012
Marathon	2:36:17	Rotterdam (NED)	2012
50km	3:19:49	Brasov	2019
100km	7:07:16	Bernau (GER)	2022
Comrades Marathon	6:10:27	Durban	2023
5000m	18:34.63	Hong Kong (HKG)	2023

PERSONAL PERFORMANCES 2024

Two Oceans 56km, 3:46:47, 7th

PERSONAL PERFORMANCES 2023

HKAA Athletics Series Meeting 5000m, Hong Kong, 18:34.63, 1st
 Sydney Marathon AUS, 2:48:26, 15th
 Hyderabad Ultra Marathon - IAU 50km WC (IND), 3:29:25, 12th
 Comrades Marathon - Down Run (RSA) 87km, 6:10:27, 5th
 The Canyons Endurance 50Km Run (USA), 4:17:47, 2nd

PERSONAL PERFORMANCES 2022

Regeneron Great Limerick Run Marathon, Limerick IRL, 2:41:09, 1st
 100k 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



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CURRICULUM VITAE: Andrea Pomaranski

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Andrea Pomaranski
COUNTRY: USA
DATE OF BIRTH: 2 July 1982
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
5km	16:14	Cutlerville, MI (USA)	2010
10km	34:42	Dearborn, MI (USA)	2010
10mile	56:10	Flint, MI (USA)	2010
Half Marathon	1:13:12	Indianapolis, IN (USA)	2022
Marathon	2:31:06	Houston, TX (USA)	2023

PERSONAL PERFORMANCES 2024

Chevron Houston Marathon, Houston, TX USA, 2:36:41, 14th
U.S. Olympic Team Trials - Marathon, Orlando, FL USA, 2:34:35
Two Oceans 56km, 3:44:28, 6th

PERSONAL PERFORMANCES 2023

Chevron Houston Marathon, Houston, TX USA, 2:31:06, 7th
Hyderabad Ultra Marathon - IAU 50 km WC (IND), 3:19:07, 2nd
USATF National 50K Road Championship Caumsett (USA) 50km, 3:07:48, 1st

PERSONAL PERFORMANCES 2022

US Women 6km Road Running Championships, Canton, OH USA, 19:13, 10th
Carmel Half Marathon, Carmel, IN USA, 1:15:05, 4th
USA Half Marathon Championships, Indianapolis, IN USA, 1:13:12, 2nd
Chevron Houston Marathon, Houston, TX USA, 2:33:38, 10th
BMW Berlin Marathon, Berlin GER, 2:33:10



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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 2024

di Romagna (ITA) 50km, 3:25:41, 2nd
Běhu na 100Km Pilsen (CZE), 7:56:48, 1st

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: Jackie Kellerman

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Jackie Kellerman
COUNTRY: Australia
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	7:12	Durban	2023

Best Performances 2023

Perth Running Festival, Perth AUS, 2:56:03, 3rd

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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CURRICULUM VITAE: Marnie Ponton

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Marnie Ponton
COUNTRY: Australia
DATE OF BIRTH: 16 March 1984
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
10km	32:51	Sydney (AUS)	2021
Half Marathon	1:12:21	Cardiff (GBR)	2018
Marathon	2:31:54	Melbourne (AUS)	2021

Best Performances 2023

Gold Coast 50 Road Race (AUS), 3:15:46, 1st
Osaka Marathon, Osaka JPN, 2:33:48, 11th
Gold Coast Marathon, Gold Coast - Oceania Marathon Championships AUS, 2:34:28, 5th

Best Performances 2022

Think Big Run The Bridge Spectran Group 10km Run, Hobart AUS, 33:57, 8th
Canberra Times Marathon Festival, Canberra AUS, 2:43:28, 1st



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CURRICULUM VITAE: Melissah Gibson

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Melissah Gibson
COUNTRY: Great Britain
DATE OF BIRTH: 1984
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
5km	17:54	London (GBR)	2019
5Miles	29:32	London (GBR)	2021
10km	36:22	London (GBR)	2021
Half Marathon	1:16:21	Barcelona (ESP)	2024
Marathon	2:36:48	Sevilla (ESP)	2024

Best Performances 2024

Sri Chinmoy Self Transcendence 100k race - 50km Split (GBR), 3:26:42, 2nd
Sri Chinmoy Self Transcendence 100k race (GBR) 100km, 7:13:23
eDreams Mitja Marató Barcelona by Brooks, Barcelona ESP, 1:16:21
Zurich Maratón de Sevilla, Sevilla ESP, 2:36:48

Best Performances 2023

Oslo Marathon, Oslo NOR, 2:46:51, 2nd
Comrades Marathon (RSA), 6:51:49



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