



**COMRADES MARATHON
2025
Nedbank Running Club Male – PROFILES**





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
Two Oceans 56km	3:22	Cape Town RSA	2017



Best Performances 2025

Pretoria Marathon, 2:30:05, 3rd

Best Performances 2024

Comrades Marathon (Up Run), 5:44:09, 16th
 Tshwane North Ultra (RSA) 50km, 3:37:08, 16th
 Soweto Marathon, 2:27:00

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

Best Performances 2019

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





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

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



Comrades Marathon Down run Record Holder - 5:13:58 (2023)

Best Performances 2025

TrackN4 Elands Marathon, 2:18:18, 1st

Best Performances 2024

Comrades Marathon (Up Run), 5:42:15, 14th
 Soweto Marathon, 2:22:32, 9th

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





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 2025

Pretoria Marathon, 2:35:26, 6th

Best Performances 2024

Balwin Sport Pretoria Marathon, 2:29:02
 Comrades Marathon - Up Run (RSA), 5:41:19, 12th

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





CURRICULUM VITAE: **Lucky Mohale**

PERSONAL DETAILS

FIRST NAME / SURNAME: Lucky Mohale
DATE OF BIRTH: 21 August 1985
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

<u>Distance</u>	<u>Year</u>	<u>Venue</u>	<u>Time</u>
Half Marathon	Cape Town (RSA)	2012	1:01:08
Marathon	Casablanca (MAR)	2010	2:13:35
10km	Paarl (RSA)	2010	28:31
15km	Pretoria (RSA)	2015	44:56
25km	Pretoria (RSA)	2013	1:18:45

Best Performances 2025

Johnson Crane Hire Half Marathon, 1:07:27, 2nd
 Two Oceans 56km, 3:11:27, 3rd

Best Performances 2024

Mpumalanga Marathon, 2:20:25, 2nd
 ABSA RYC 10km Tshwane, 29:39, 7th
 Foskor Half Marathon, 1:04:29, 1st

Best Performances 2023

Cape Twn Marathon, 2:17:14, 18th

Best Performances 2022

ABSA RYC Durban 10k, Durban, 29:17
 Nelson Mandela Bay Half Marathon, Gqeberha, 1:03:43





CURRICULUM VITAE: **Lebogang Khonkhobe**

PERSONAL DETAILS

FIRST NAME / SURNAME: Lebogang Khonkhobe
DATE OF BIRTH: 22 March 1988
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10km	31:17	Johannesburg (RSA)	2013
Half Marathon	1:07:05	East London (RSA)	2013
Marathon	2:26:59	Northan Cape (RSA)	2022
50km	2:55:10	Harbeespoort dam (RSA)	2025

Best Performances 2025

Om die Dam 50km, 2:55:10, 1st

Best Performances 2024

City2City Ultra Marathon (RSA) 50km, 2:58:32, 11th
 Runified Ultra Marathon (RSA) 50km, 3:00:41, 12th

Best Performances 2023

Comrades Marathon - Down Run (RSA) 87km, 5:48:32
 50Km Nedbank Ultra Marathon Runified, 3:01:09
 Marakele Marathon, 2:41:12, 1st

Best Performances 2022

Mandela Remembrance Run, Pretoria RSA, 1:07:56, 5th
 The Great Kolomela Iron Road Race RSA, 2:26:59, 3rd





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

Distance	Time	Venue	Year
5000m	15:19.17	Stellenbosch (RSA)	2021
10km	31:13	Cape Town (RSA)	2022
12km	39:35	Cape Town (RSA)	2021
Marathon	2:18:33	Cape Town (RSA)	2021
50km	2:51:25	Eastern Province (RSA)	2024
Comrades	5:57:44	Durban (RSA)	2024

Best Performances 2025

Two Oceans 56km, 3:14:13, 9th

Best Performances 2024

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

Best Performances 2023

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

Best Performances 2022

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

Best Performances 2021

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





CURRICULUM VITAE: George Kusche

PERSONAL DETAILS

NAME & SURNAME: George Kusche
DATE OF BIRTH: 6 August 1998
CLUB: Nedbank Running Club
GENDER: Male
NATIONALITY: South African

Personal Best Times

Event	Result	Venue	Date
Mile	3:57.74	Geneva (USA)	2021
5000m	13:28.95	Boston (USA)	2021

Best Performances 2025

Biogen Half Marathon, 1:08:00

Best Performances 2024

Cape Town Marathon, 2:20:12
 ABSA RYC 10km Port Elizabeth, 28:56
 Nelson Mandela Bay Half Marathon, 1:04:53





CURRICULUM VITAE: Sinethemba Tshangase

PERSONAL DETAILS

FIRST NAME / SURNAME: Sinethemba Tshangase
DATE OF BIRTH: 12 May 1998
CLUB: Nedbank Running Club
NATIONALITY: South Africa

PERSONAL BEST

Event	Result	Location	Date
Marathon 2025	2:20:25	Western Cape (RSA)	2025
Half Marathon	1:04:41	Gqeberha (RSA)	2023
10km	29:48	Gqeberha (RSA)	2021
5000 Metres	14:39.49	Durban (RSA)	2021

Personal Performances 2025

Balwin Sport Peninsula Marathon, 2:20:25

Personal Performances 2023

Nelson Mandela Bay Half Marathon, Gqeberha, 1:04:41

Personal Performances 2022

Soweto Marathon, 2:34:37
 ABSA RYC Durban 10k, 29:50
 Threshold Hillcrest Half Marathon, Durban, 1:07:02, 1st
 ABSA Run Your City 10km, Cape Town, 30:59





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
10km	29:42	Preotia (RSA)	2024
Half Marathon	1:03:13	Johannesburg (RSA)	2022
Marathon	2:18:36	Soweto (RSA)	2025
50km	2:39:41	Port Elizabeth (RSA)	2023

Best Performances 2025

Pirates Half Marathon, 1:08:45, 4th
 Biogen Half Marathon, 1:08:59

Best Performances 2024

Dischem Half Marathon, 1:05:41, 1st
 Two Oceans 56km, 3:09:30, 1st
 ABSA RYC 10km Tshwane, 29:42
 ABSA RYC 10km JHB, 30:47
 Soweto Marathon, 2:18:36, 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





CURRICULUM VITAE: Claude Moshiywa

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Claude Moshiywa
COUNTRY: R.S.A
CLUB: Nedbank Running Club
D.O.B: 10 October 1974
NATIONALITY: South African

PERSONAL BEST PERFORMANCES

Distance	Time
10km:	30 minutes
21.1km:	1H06
42.2km:	2H24
56km:	3H11
Comrades:	5H32

Bests Performance 2025

Johannesburg City Marathon, 2:41:44

Bests Performance 2023

50Km Nedbank Ultra Marathon Runified - men's race (RSA) 50km, 3:23:45

Bests Performance 2022

Nedbank Runified 50km 2:56:41, 13th
 Comrades Marathon - Down Run (RSA) 89km, 5:50:16, 13th

Comrades Marathon Results

2005 Down, 05:42:23, 8th
 2006 Up, 05:50:18, 11th
 2007 Down, 05:53:30, 12th
 2008 Up, 06:04:12, 19th
 2009 Down 05:53:22, 16th
 2010 Down, 05:43:04, 6th
 2011 Up, 05:42:06, 3rd
 2012 Down, 05:39:11, 9th
 2013 Up, 05:32:09, 1st
 2015 Up, 05:55:17, 7th
 2016 Down, 05:36:25, 6th
 2022 Down, 05:50:19, 13th

Two Oceans 56km Results

2006, 03:16:29, 13th
 2007, 03:12:03, 4th
 2008, 03:22:42, 18th
 2013, 03:15:36, 14th
 2015, 03:26:40, 19th
 2016, 03:22:20, 15th
 2017, 03:21:50, 16th
 2018, 03:33:50, 43rd





CURRICULUM VITAE: Riaan van Zyl

PERSONAL DETAILS

FIRST NAME / SURNAME: Riaan van Zyl
DATE OF BIRTH: 1988
CLUB: Nedbank Running Club
NATIONALITY: RSA

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Year</u>	<u>Venue</u>
Marathon	2:34:27	2024	Berlin (GER)
50km	3:34:45	2024	Hartbeespoort (RSA)
Comrades	6:04:31	2024	Durban (RSA)

Best Performances 2025

Two Oceans Marathon (RSA) 56km, 3:49:50

Best Performances 2024

Comrades Marathon - Up Run (RSA) 89km, 6:04:31
Two Oceans Marathon (RSA) 56km, 3:48:13
Om Die Dam 50km (RSA) 50km, 3:34:45
BMW Berlin Marathon, Berlin (GER), 2:34:27

Best Performances 2023

Comrades Marathon - Down Run (RSA) 89km, 6:51:03
Two Oceans Marathon (RSA) 56km, 3:54:41
Om Die Dam 50km (RSA) 50km, 3:44:52





CURRICULUM VITAE: Solice Makgetlaneng

PERSONAL DETAILS

FIRST NAME / SURNAME: Solice Makgetlaneng
DATE OF BIRTH: 18 July 1974
CLUB: Nedbank Running Club
NATIONALITY: RSA

PERSONAL BEST TIMES

Distance	Time	Year	Venue
Marathon	2:34:54	2022	Cape Town (RSA)
Comrades	7:03:06	2023	Durban (RSA)

Best Performances 2024

Comrades Marathon - Up Run (RSA) 89km, 7:32:08
 Two Oceans Marathon (RSA) 56km, 4:39:58
 City2City Ultra Marathon (RSA) 50km, 3:23:45
 Sanlam Cape Town Marathon, 2:44:20

Best Performances 2023

Comrades Marathon - Down Run (RSA) 89km, 7:03:06
 50Km Nedbank Ultra Marathon Runified - men's race (RSA), 4:03:39

Best Performances 2022

Sanlam Cape Town Marathon, 2:34:54



NEDBANK RUNNING CLUB



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 2025

Zurich Maratón Sevilla, Sevilla Marathon, 2:21:19

Best Performances 2024

Comrades Marathon - Up Run (RSA) 86km, 5:25:00, 1st
Milano Marathon, Milano ITA, 2:21:49, 13th

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





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 2025

Old Mutual Harare Marathon, 2:26:52,
 Two Oceans 56km, 3:16:41, 13th

Best Performances 2024

Two Oceans 56km, 3:14:41, 10th
 Comrades Marathon, 5:57:16

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





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
Two Oceans	3:12:47	Cape Town (RSA)	2024
Comrades	5:27:48	Durban (RSA)	2024

World Athletics Profile Link:

<https://worldathletics.org/athletes/ethiopia/yohannes-degefa-14782788>

Best Performances 2024

Two Oceans 56km, 3:12:47, 7th
Comrades Marathon Up run 86km, 5:27:48. 3rd

Best Performances 2023

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





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 2025

TCS London Marathon, London - UK Marathon Ch., 2:14:03
 Top Flight by RunThrough - Battersea 10km, London, 30:28

Best Performances 2024

100km Bengaluru (IND), 6:43:21, 7th
 Comrades Marathon - Up Run (RSA), 5:36:51, 9th

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





CURRICULUM VITAE: **Ryan Root**

PERSONAL DETAILS

FIRST NAME / SURNAME: Ryan Root
DATE OF BIRTH: 1990
CLUB: Nedbank Running Club
NATIONALITY: United States
GENDER: Male

PERSONAL BEST

Event	Result	Venue	Date
10000m	29:51	Des Moines (USA)	2019
Half Marathon	1:04:52	Duluth (USA)	2019
Marathon	2:15:22	Chandler (USA)	2020
50km			

Best Performances 2025

US 50km Championships, 2:53:54, 4th

Best Performances 2024

U.S. Olympic Team Trials - Marathon, Orlando, FL, 2:24:33

Best Performances 2023

TCS New York Marathon, New York, NY, 2:19:20
Bryan Clay Invitational 10,000m, Cougar Athletic Stadium, Azusa, CA - Open Event, 30:23
Project 13.1, Rockland Lake State Park Half Marathon, Congers, NY, 1:07:02

Best Performances 2022

California International Marathon, Sacramento, CA - US Marathon Ch., 2:16:10
Grandma's Marathon, Duluth, MN, 2:25:23
UPMC Health Plan Pittsburgh Half Marathon, Pittsburgh, PA, 1:07:33





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 2025

Two Oceans Marathon (RSA) 56km, 3:42:15

Personal Performances 2024

Cadbury Marathon Festival, Hobart, AUS, 2:31:46, 1st
 Sydney Marathon, 2:29:37
 Comrades Marathon - Up Run (RSA) 89km, 5:59:11

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





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 2025

FNB Kazungula Bridge Marathon - 2:27:32

Bests Performance 2024

Two Oceans Marathon (RSA) 56km, 3:30:10

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





CURRICULUM VITAE: Prosper Mutwira

PERSONAL DETAILS

FIRST NAME / SURNAME: Prosper Mutwira
DATE OF BIRTH: 23 January 1996
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe

PERSONAL BEST TIMES

Distance	Year	Venue	Time
Marathon	2022	Gaborone (BOT)	2:18:43

Best Performances 2025

Old Mutual Harare Marathon, 2:21:05

Best Performances 2024

Prince Mangosuthu Ultra Marathon (RSA) 52km, 3:06:15, 7th
 Two Oceans Marathon (RSA) 56km, 3:19:22, 17th

Best Performances 2023

Prince Mangosuthu Ultra Marathon (RSA) 52km, 3:01:28, 6th

Best Performances 2022

Two Oceans Marathon (RSA) 56km, 3:26:59
 Diacore Gaborone Marathon, 2:18:43, 4th





**COMRADES MARATHON
2025
Nedbank Running Club Female – PROFILES**





CURRICULUM VITAE: DEANNE LAUBSCHER

PERSONAL DETAILS

FIRST NAME / SURNAME: Deanné Laubscher
DATE OF BIRTH: 26 Junie 1988
CLUB: Nedbank Running Club CGA
NATIONALITY: South African

PERSONAL BEST TIMES

Distance	Time	Venue	Year
Marathon	2:47:49	North West (RSA)	2020
50km	3:25:54	Hyderabad (IND)	2023
Comrades	6:28:41	KZN (RSA)	2024
100km	8:22:19	Sveti Martin (Croatia)	2018

Best Performances 2025

Peninsula Marathon, 2:53:51, 2nd
 Two Oceans 56km, 3:59:12, 10th

Best Performances 2024

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

Best Performances 2023

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

Best Performances 2020

Aurum Klerksdorp Marathon 2:47:49, 1st

Best Performances 2019

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





CURRICULUM VITAE: 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

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Date:</u>
Marathon	2:51:10	Cape Town (RSA)	2024

Best Performances 2025

Peninsula Marathon, 2:55:01, 3rd (SA Marathon Champ)
 Two Oceans 56km, 3:57:39, 9th

Best Performances 2024

Cango Marathon, 2:51, 1st
 Two Oceans, 4:11:23
 Comrades Marathon, 6:40:46, 16th

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





CURRICULUM VITAE: Jenna Challenor

PERSONAL DETAILS

FIRST NAME / SURNAME: Jenna Challenor
DATE OF BIRTH: 6 July 1981
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

Distance	Time	Location	Year
10km	34:25	Cape Town (RSA)	2017
21km	1:14:12	København (DEN)	2014
Marathon	2:36:50	Valencia (ESP)	2019
Two Oceans 56km	3:47:27	Cape Town (RSA)	2017
Comrades	6:35:18	Durban(RSA)	2019

Best Performances 2025

Best of the Best Marathon, Durban, 2:56:18, 3rd
 Peninsula Marathon ASA Marathon Championships, 2:51:24, 1st

Best Performances 2024

Durban International Marathon, Durban, 2:52:56, 7th

Best Performances 2022

Dolphin Coast Marathon, Durban, 2:58:19, 2nd
 SPAR Grand Prix 10km Durban, 34:57, 16th
 Threshold Hillcrest Half Marathon, Durban, 1:19:40, 1st
 Spar Ladies Grand Prix Series 10km Gqeberha, 35:17, 18th
 Best of Best, Durban, 2:51:41, 2nd



NEDBANK RUNNING CLUB



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
Vaal River City Marathon, 2:58:31
Soweto Marathon :3:00:52, 8th

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





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

Comrades Marathon Results

2023 Down, 06:50:19, 19th
 2019 Down, 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

Best Performances 2024

Richards bay marathon time, 3:03, 1st
 Hillcrest Half Marathon, 1:27, 2nd
 Cape Peninsula Marathon, 3:10 11th
 Harry Gwala Marathon, 3:09, 6th

Best Performances 2023

Comrades Marathon 87km, 6:50:19, 19th
 Durban International Marathon (RSA) 3:01:54

Best Performances 2022

Nedbank Runified 50km, 3:42:14, 10th





CURRICULUM VITAE: **Dikeledi Majara**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Dikeledi Majara
DATE OF BIRTH: 29 Oct 1992
CLUB: Nedbank Running Club
NATIONALITY: Lesotho

Personal Bests

Event	Result	Venue	Date
Marathon	2:38:16	Cape Town (RSA)	2024
50km	3:12:36	Klerksdorp (RSA)	2025

Best Performances 2025

Two Oceans 56km, 4:02:11, 12th
N12 Ultra Marathon Klerksdorp, 3:12:36, 1st

Best Performances 2024

Cape Town Marathon, 2:38:16





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 2025

Prince Mangosuthu Ultra Marathon 52km, 3:51:26, 4th

Best Performances 2024

Runified 50k, 3:32:13, 2nd
 Absa Run Your City Joburg 10km, Johannesburg, 38:38
 Tshwane North Ultra (RSA) 50km, 4:04:31, 5th
 Comrades Marathon - Up Run (RSA), 7:57:34

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





CURRICULUM VITAE: Maretha Smit

PERSONAL DETAILS

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

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Year</u>	<u>Venue</u>
Marathon	2:50:29	2024	Berlin (GER)

Best Performances 2025

Two Oceans Marathon (RSA) 56km, 4:27:51

Best Performances 2024

Comrades Marathon - Up Run (RSA) 89km, 6:56:10, 23rd
 Two Oceans Marathon (RSA) 56km, 4:05:20, 17th
 BMW Berlin Marathon, 2:50:29

Best Performances 2023

Comrades Marathon - Down Run (RSA) 89km, 6:57:56
 Two Oceans Marathon (RSA) 56km, 4:07:09, 15th
 Sanlam Cape Town Marathon, 2:55:34

Best Performances 2022

Comrades Marathon - Down Run (RSA) 89km, 7:11:51, 18th
 Cape Town Festival of Running 50Km (RSA), 4:03:31, 2nd
 Om Die Dam 50km (RSA) 50km, 3:50:45, 12th
 Two Oceans Marathon (RSA) 56km, 4:11:49, 14th





CURRICULUM VITAE: **Msawenkosi Nsibande**

PERSONAL DETAILS

FIRST NAME / SURNAME: Msawenkosi Nsibande
DATE OF BIRTH: 6 May 1993
CLUB: Nedbank Running Club
NATIONALITY: RSA

PERSONAL BEST

Event	Result	Venue	Date
Marathon	2:55:31	Durban (RSA)	2025

Best Performances 2025

Durban International Marathon, 2:55:31, 10th

Best Performances 2024

Comrades Marathon - Up Run (RSA) 89km, 7:19:30
 Durban International Marathon, 2:58:50

Best Performances 2023

Prince Mangosuthu Ultra Marathon (RSA) 52km, 3:38:51, 4th

Planned races for 2022

Prince Mangosuthu Ultra Marathon (RSA) 52km, 10th





CURRICULUM VITAE: CHRIZELL ROBERTS

PERSONAL DETAILS

FIRST NAME / SURNAME: Chrizell Roberts
DATE OF BIRTH: 20 May 1987
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

Discipline	Performance	Place	Date
10 Kilometres	37:25	Durban (RSA)	2021
Half Marathon	1:22:28	Port Elizabeth (RSA)	2021
Marathon	3:02:34	Cape Town (RSA)	2021
50km	3:32:55	Port Elizabeth (RSA)	2021

Best Performances 2025

Benoni Northerns 48km, 3:39:56, 1st

Best Performances 2024

Two Oceans Marathon (RSA) 56km, 4:55:44 h
 50Km Nedbank Ultra Marathon Runified (RSA), 4:26:48

Best Performances 2023

Comrades Marathon - Down Run (RSA) 89km, 7:24:48

Best Performances 2022

Two Oceans Marathon (RSA) 56km, 4:26:54

Best Performances 2021

Nedbank Runified 50km 3:32:55, 15th
 SPAR Grand Prix Cape Town 10km, Cape Town, 37:36
 SPAR Grand Prix Durban 10km, Durban, 38:22
 AGN Champs 10km, Centurion, 38:04, 2nd
 Durban 10km CITYRUN, Durban, 37:25
 Nelson Mandela Bay Half Marathon, Port Elizabeth, 1:22:28
 Sanlam Cape Town Marathon, Cape Town, 3:02:34





CURRICULUM VITAE: Jeannie Henderson

PERSONAL DETAILS

FIRST NAME / SURNAME: Jeannie Henderson
DATE OF BIRTH: 25 September 1979
CLUB: Nedbank Running Club
NATIONALITY: RSA

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Year</u>	<u>Venue</u>
Marathon	2:53:05	2021	Cape Town (RSA)
Half Marathon	1:21:13	2022	Gqeberha (RSA)
10km	38:10	2022	Tshwane (RSA)

Best Performances 2025

Two Oceans Marathon (RSA) 56km, 4:12:29, 15th

Best Performances 2024

Comrades Marathon - Up Run (RSA) 89km, 6:54:53, 20th
 Two Oceans Marathon (RSA) 56km, 3:59:59, 11th

Best Performances 2023

Comrades Marathon - Down Run (RSA) 89km 6:53:25
 Tshwane North Ultra (RSA) 50km, 3:56:24, 1st
 Irene Running Festival 48K (RSA) 48km, 3:36:33, 6th
 Sanlam Cape Town Marathon, 2:54:54, 14th

Best Performances 2022

Comrades Marathon - Down Run (RSA) 89km, 7:11:11, 17th
 Om Die Dam 50km (RSA) 50km, 3:52:10
 Two Oceans Marathon (RSA) 56km, 4:12:41





CURRICULUM VITAE: Stella Marais

PERSONAL DETAILS

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

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10Km	34:22	Durban (RSA)	2021
Half Marathon	1:16:14	Port Elizabeth (RSA)	2022
Marathon	2:38:22	Cape Town (RSA)	2022
50km	3:12:51	Port Elizabeth (RSA)	2023

Best Performances 2025

Loskop 50km, 2:55:23

Best Performances 2023

50Km Nedbank Ultra Marathon Runified - women's race (RSA), 3:12:51, 6th
 NN Marathon Rotterdam, 2:45:52
 50km World Championships, Hyderabad, 3:22:04, 6th

Best Performances 2022

ABSA Run Your City 10km, Cape Town RSA, 36:49
 Nelson Mandela Bay Half Marathon RSA, 1:16:14, 12th
 Cape Peninsula Marathon, Cape Town RSA 2:38:22, 1st
 SPAR Grand Prix Durban 10km, Durban RSA, 35:20
 SPAR Grand Prix Tshwane 10km, Tshwane RSA, 36:42, 11th
 ABSA Run Your City Joburg 10km, Johannesburg RSA, 35:28





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 2025

Tokyo Marathon (JPN), 2:43:06

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
 Comrades Marathon - Up Run (RSA), 6:19:24, 9th

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

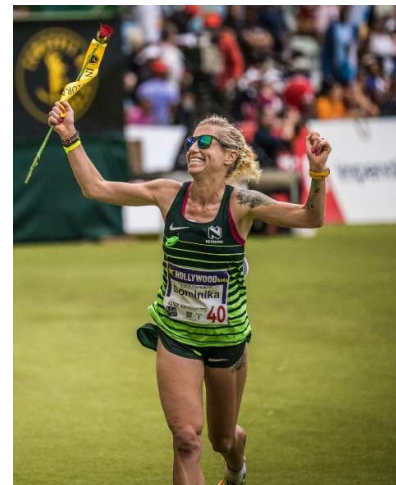
Kaiser Permanente Half Marathon, San Francisco, CA USA, 1:16:15, 1st
 Comrades Marathon - Down Run (RSA) 90km, 6:25:09, 2nd

Best Performances 2021

Maraton 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





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 2025

Donadea 50k Race (IRL) 50km, 3:16:33, 1st

PERSONAL PERFORMANCES 2024

Two Oceans 56km, 3:46:47, 7th
 Comrades Marathon - Up Run (RSA) 6:13:00, 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





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 2025

100km del Conero - 4° Memorial Mimmo Strazzullo (ITA), 7:15:01, 1st
 Roma Marathon (ITA), 2:43:24

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





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 2025

Sevilla Marathon (ESP), 2:38:32

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
 Comrades Marathon - Up Run (RSA), 6:36:13, 14th

Best Performances 2023

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





CURRICULUM VITAE: **Alexandra Morozova**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Alexandra Morozova
COUNTRY: Russia
DATE OF BIRTH: 27 February 1990
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
Marathon	2:30:35	Moskva (RUS)	2024
50km	3:14:01	Port Elizabeth (RSA)	2021
Comrades	6:05:12	Durban (RSA)	2024

Best Performances 2025

Buriram Marathon, Buri Ram, 2:44:17, 2nd

Best Performances 2024

Luzhniki Stadion Marathon, Moskva (RUS), 2:30:35
 Comrades Marathon - Up Run (RSA), 6:05:12, 2nd

Best Performances 2023

Moskva Marathon (RUS), 2:46:25
 Comrades Marathon - Down Run (RSA), 6:14:33, 6th





CURRICULUM VITAE: Naomi Mitchell

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Naomi Mitchell
COUNTRY: UK
DATE OF BIRTH: 24 November 1993
CLUB: Nedbank Running Club



PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
5km	16:33	Wigan (GBR)	2021
10,000m	35:48	London (GBR)	2019
10km	33:23	Telford (GBR)	2021
Half Marathon	1:12:05	Sevilla (ESP)	2023
Marathon	2:30:54	Manchester (GBR)	2022

Best Performances 2024

Maratón Valencia Trinidad Alfonso Zurich, Valencia, 2:37:18
 Mainova Frankfurt Marathon, Frankfurt, 2:38:37
 Cheshire Elite 10km, Pulford, 34:46, 7th

Best Performances 2023

Maraton Valencia Trinidad Alfonso, Valencia, 2:44:05
 Watford Open Graded Meeting, Woodside Stadium, Watford - Mixed Races, 9:23.41
 Zurich Maraton de Sevilla, Sevilla, 2:38:47
 EDP Medio Half Marathon Sevilla, Sevilla, 1:12:05, 6th
 10km Valencia Ibercaja, Valencia, 33:41



NEDBANK RUNNING CLUB



CURRICULUM VITAE: **Catrin Jones**

PERSONAL DETAILS

FIRST NAME / SURNAME: Catrin Jones
DATE OF BIRTH: 1 May 1979
CLUB: Nedbank Running Club
NATIONALITY: CAN

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Year</u>	<u>Venue</u>
Marathon	2:42:52	2015	Ottawa (CAN)
Half Marathon	1:17:35	2013	Vancouver (CAN)
10km	35:21	2013	Victoria (CAN)
Comrades	6:52:44	2019	Durban (RSA)

Best Performances 2025

BMO Vancouver Marathon, 2:52:53, 9th
TC10K, Victoria, 36:59, 8th

Best Performances 2024

Harriers Elk/Beaver Ultras, 50km (CAN), 3:42:27, 1st
Royal Victoria Marathon, 2:50:50, 3rd
BMO Vancouver Marathon, 2:51:09, 6th
TC10K, Victoria, 37:15, 7th
First Half Marathon, Vancouver, 1:22:09

Best Performances 2023

Harriers Elk/Beaver Ultras, 50km (CAN), 3:47:57, 1st
BMO Vancouver Marathon, 2:52:22, 5th

Best Performances 2022

Calgary Marathon 50km Ultra (CAN), 3:47:08, 1st

