



CURRICULUM VITAE: David Manja

PERSONAL INFORMATION

FIRST NAMES / SURNAME: David Manja
COUNTRY: R.S. A
DATE OF BIRTH: 1991/06/08
CLUB: Nedbank Running Club
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Personal Bests

Event	Result	Venue	Date
10,000 Metres	29:01.0	Durban (RSA)	2017
10 Kilometres	28:23:00	Casablanca (MAR)	2016
12 Kilometres	34:10:00	Cape Town (RSA)	2017
Half Marathon	1:02:15	Port Elizabeth (RSA)	2016
Marathon	2:13:33	Dublin (IRL)	2018

PERSONAL PERFORMANCES 2020

Johnson Crane Hire Half Marathon, Johannesburg 1:07:29, 1st

PERSONAL PERFORMANCES 2019

5000m Potchefstroom 14:47.65, 1st
Freedom Run 10km Port Elizabeth 29:09, 2nd
Two Oceans Half Marathon, Cape Town 1:03:40, 4th
Nelson Mandela Bay Half Marathon, Port Elizabeth, 1:08:27

PERSONAL PERFORMANCES 2018

Event	Results	Venue	Date
10 Kilometres	28:41	Port Elizabeth (RSA)	07-Apr-18
12 Kilometres	35:26	Cape Town (RSA)	20-May-18
Half Marathon	1:03:01	Port Elizabeth (RSA)	28-Jul-18
Marathon	2:13:33	Dublin (IRL)	28-Oct-18



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