



FNB 10km Durban Men 2019 PROFILES

A Member of the  **OLDMUTUAL** Group



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



CURRICULUM VITAE: EDWARD MOTHIBI



PERSONAL DETAILS

FIRST NAME / SURNAME: Edward Mothibi
DATE OF BIRTH: 10 November 1984
CLUB: Nedbank Running Club
NATIONALITY: South African
EMAIL / CONTACT: Edward.mothibi@implats.co.za / 0145690179 / 0837815475

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
21km	1:04	P.E -RSA	2010
Marathon	2:24	Soweto RSA	2018
Comrades	5:31	Durban RSA	2019
Two Oceans 56km	3:22	Cape Town	2017

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

Best Performances 2018

Comrades Marathon: 5:36, 4th
 FNB 10km Joburg: 30:50, 9th
 Soweto Marathon: 2:24, 6th
 Akasia marathon: 2:29, 1st

Best Performances 2017

Two oceans marathon: 3:22, 17th
 Mandela Marathon: 2:31, 9th
 Soweto Marathon: 2:25, 9th



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Athlete Profile

Name	Benard Kipkemoi Bii	
Gender	Male	
Date of Birth	07 June 1988	
Nationality	Kenya	
Personal Best	21.1km	61.44, position 2 SA Champs 2018
IAAF Status	Silver Label as per 2019 list	
Web Links:	https://athletics.org.za/sa-half-marathon-results-2018/ http://admin.twooceansmarathon.org.za/resultsoverall.aspx	



2018 Results	Two Oceans Half Marathon – South Africa, Position 3
	Durban City Marathon 21.1km – 1H06 – Position 1
	SA and CAA Half Marathon Championships, 1H01:42, Position 2
	Mandela Day Marathon 21.1km – 1H02, Position 1
	Vaal River City Marathon 21.1km – 1H04, Position 1

Comments: A quality Athlete who by all accounts has a sub 60 half marathon in his sights in 2019.

Contact: Craig Fry Management
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IAAF Authorised Athlete Representative



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CURRICULUM VITAE: Alfred Ngeno



PERSONAL DETAILS

FIRST NAME / SURNAME: Alfred Ngeno
DATE OF BIRTH: 2 May 1997
CLUB: Nedbank Running Club
NATIONALITY: Kenya
EMAIL / CONTACT / TWITTER: craigfry276@gmail.com / 074 737 2729

PERSONAL BEST TIMES

Distance	Time	Venue	Year
10 Kilometres	29:16	Johannesburg (RSA)	2019
12 Kilometres	33:52	Cape Town (RSA)	2019
10 Miles Road	45:41	Amsterdam (NED)	2018
Half Marathon	1:01:02	Berlin (GER)	2019

Personal Performances 2019

FNB Joburg 10K Cityrun, Johannesburg 29:16, 1st
 FNB Cape Town 12 ONERUN, Cape Town 33:52, 4th
 Generali Half Marathon, Berlin 1:01:02, 3rd



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CURRICULUM VITAE: **Namakoe Nkhasi**



PERSONAL DETAILS

FIRST NAME / SURNAME: Nkhasi Namakoe
DATE OF BIRTH: 10 January 1993
GENDER: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
CONTACT: 076 883 5759

Personal Best Times

Event	Result	Venue	Date
10,000m	28:06	Durban (RSA)	2016
10 km Road	28:28	Cape Town (RSA)	2016
Half Marathon	1:02:59	Gyeonggi-Do (KOR)	2019

Best Performances 2019

Durban 14:07.90, 5000m, 2nd
 Durban 29:28.60, 10000m, 4th
 Half Marathon, Gyeonggi-Do (KOR), 1:02:59, 2nd
 Two Oceans Half Marathon, 1:05:18, 9th

Best Performances 2018

1 Eldorado Park 10 km 29:57
 1 Port Elizabeth Freedom Run 10km 28:32
 Cape Town 12km 35:15
 2 Old Mutual Two Oceans (wp) 21km 1:04:15
 SA Half Marathon Champs (PE) 1:04:02

Best Performances 2016

1 Metropolitan (wp) 10km 30:18
 1 Old Mutual Two Oceans (wp) 21km 1:03:36
 1 Township (cga) 10km 31:20

Best Performances 2017

2nd 10000m 28:32 Durban (RSA)
 1 George Claassen (agn) 10km 30:18
 1 Old Mutual Two Oceans (wp) 21km 1:03:16

Best Performances 2015

1 Tembisa (cga) 10km 29:26
 1 Sabs Jacaranda City Challenge (agn) 10km 30:35
 1 Sasol (fs) 21km 1:04:28



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FNB 10km Durban Women 2019 PROFILES



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CURRICULUM VITAE: IRVETTE VAN ZYL



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Irvette van Zyl
COUNTRY: South Africa
DATE OF BIRTH: 1987/07/05
CLUB: Nedbank Running Club
EMAIL / CONTACT / TWITTER: irvievanblerk@gmail.com / 083 396 4208 / @irv87

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
10 km Road	32:06	Durban (RSA)	2018
Half Marathon	1:11:00	Port Elizabeth (RSA)	2016
Half Marathon	1:10:56	New York (USA)	2011
Marathon	2:31:26	London (GBR)	2013
Two Oceans 21km	1:12:06	Cape Town (RSA)	2011

PERSONAL BEST PERFORMANCES 2019

Dischem 21km 1:14:51, 1st
 Deloitte Pretoria Marathon (agn) 42km 02:44:27, 1st
 Two Oceans 56km 03:41:31, 3rd
 Spar Ladies PE 33:38, 5th
 FNB Cape Town 12km ONERUN 39:22, 6th
 Spar Ladies CT 33:43, 7th
 Spar Ladies Durban 33:43, 3rd

PERSONAL BEST PERFORMANCES 2018

Soweto Marathon 02:33:43, 1st
 Pietermaritzburg Spar Grand Prix Series 34:26, 1st
 Cape Town 10 km 32:48, 1st
 Johannesburg 10 km 33:52, 1st
 Johannesburg SPAR Grand Prix Series 34:07, 1st
 Durban 10 km 32:06, 3rd



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CURRICULUM VITAE: GERDA STEYN



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Gerda Steyn
COUNTRY: R.S.A
DATE OF BIRTH: 1990/03/03
CLUB: Nedbank Running Club
EMAIL / CONTACT / TWITTER: gerda.run@gmail.com / 072 656 3030 / @gerdarun

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
5km	16:30	Durban	2018
10km	33:05	Middlesbrough	2019
Half Marathon	1:11:54	Port Elizabeth	2019
Marathon	2:31:04	New York	2018
Two Oceans 56km	3:31:28	Cape Town	2019
Comrades Marathon	5:58:53	Durban	2019

PERSONAL PERFORMANCES 2019

Dubai 10km 34:05, 1st
 RAK Half Marathon, Ras Al Khaimah (UAE) 1:12:35, 9th
 Two Oceans 56km 3:31:28, 1st
 Comrades Marathon 5:58:53, 1st (New Record)
 SA Half Marathon 1:11:54, 4th
 Asda Foundation Middlesbrough 10km, 33:05, 1st

PERSONAL PERFORMANCES 2018

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



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CURRICULUM VITAE: **Tadu Teshome Nare**



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Tadu Teshome Nare
DATE OF BIRTH: 9 June 2001
CLUB: Nedbank Running Club Ethiopia
NATIONALITY: Ethiopia
CONTACT: thomassw2002@yahoo.com

PERSONAL BEST

Event	Result	Venue	Date
800m	2:04	Ethiopia	
1500m	4:16	Ethiopia	
10km	32:38	Port Elizabeth (RSA)	2019

PERSONAL PERFORMANCES 2019

Spar Ladies Port Elizabeth 32:38, 2nd
 Spar Ladies Cape Town 32:56, 3rd
 Spar Ladies Durban 32:38, 2nd
 SA Half marathon championship 1:10:20, winner
 Spar Ladies Pretoria 34:13, 2nd
 Spar Ladies Pietermaritzburg 33:06, 2nd



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CURRICULUM VITAE: Sarah Naibei



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Sarah Naibei
COUNTRY: Kenya
DATE OF BIRTH: 12 Mar 1999
CLUB: Nedbank International
EMAIL / CONTACT / TWITTER: craigfry276@gmail.com

Personal Bests

Event	Result	Venue	Date
3000 Metres Steeplechase	11:59.5h	Nairobi (KEN)	2010
10 Kilometres	33:22	Cape Town (RSA)	2019
15 Kilometres	54:15	Bilbao (ESP)	2018

PERSONAL PERFORMANCES 2019

Spar Grand Prix Series, Cape Town 4th, 33:22
 Nelson Mandela Bay Half Marathon, Port Elizabeth 1:10:55, 2nd

PERSONAL PERFORMANCES 2018

Bilbao 15 km (ESP) 6th, 54:15



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