



FNB 10km Johannesburg Men 2019 PROFILES

A Member of the  **OLDMUTUAL** Group



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



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
EMAIL / CONTACT / TWITTER: davidmanja1991@gmail.com / 078 305 7895 / @DavidManja1

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 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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CURRICULUM VITAE: JOEL MMONE



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Joel Mmone
COUNTRY: R.S. A
DATE OF BIRTH: 1991/03/29
CLUB: Nedbank Running Club
CONTACT / EMAIL / TWITTER: 082 950 8746 / joelmohau@gmail.com / @joel_87050

PERSONAL BEST PERFORMANCES

DISCIPLINE	PERFORMANCE	PLACE	DATE
10 Kilometres	28:23	Casablanca (MAR)	2016
12 Kilometres	34:35	Cape Town (RSA)	2018
Half Marathon	1:01:22	Port Elizabeth (RSA)	2019

PERSONAL PERFORMANCES 2019

Phobians (agn) 15km, 46:14, 1st
 Asa 21km Champs (ep) 21km, 1:01:22, 4th
 Old Mutual Two Oceans (wp) 21km, 1:05:08, 8th
 Township (cga) 10km 31:52, 3rd

PERSONAL PERFORMANCES 2017

2 Johnson Crane (cga) 10km 29:58
 3 F21 Fokor (lima) 21km 1:03:53
 7 Fnb Cape Town One Run (wp) 12km 34:56

PERSONAL PERFORMANCES 2015

3 Two Oceans 21km 01:04:09
 3 Eastern Limb Executive Mayor (lima) 21km 01:04:34
 2 Tembisa (cga) 10km 00:30:30
 1 Nwn Outsurance Kfm Gun Run (wp) 21km 01:02:31
 8 Fnb Cape Town 12 Onerun (wp) 12km 00:35:36

PERSONAL PERFORMANCES 2018

1 Gaborone Half Marathon 1:03:29
 10 Johannesburg 10km 30:58
 10 Cape Town 12km 34:35
 9 Port Elizabeth Half Marathon 1:02:29

PERSONAL PERFORMANCES 2016

8 Sasol Sasolburg (fs) 10km 00:29:54
 1 Ottosdal (cwn) 10km 00:31:26
 4 Two Oceans 21km 01:03:55
 4 Fokor (lima) 21km 1:06:44
 10 Nelson Mandela Bay Asa Champs (ep) 21km 1:03:16



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CURRICULUM VITAE: Phillimon Mathiba



PERSONAL DETAILS

FIRST NAME / SURNAME: Phillimon Mathiba
DATE OF BIRTH: 2 May 1992
CLUB: Nedbank Running Club CGA
NATIONALITY: South African
EMAIL / CONTACT / TWITTER: phillimonmathiba@gmail.com / 062 630 0922 / @Phillim90319981

PERSONAL BEST TIMES

Event	Result	Venue	Date
10 km Road	30:15	Sasolburg (RSA)	2016
Half Marathon	1:02:40	Port Elizabeth (RSA)	2016
Marathon	2:18:24	Dublin (IRL)	2017

PERSONAL PERFORMANCES 2019

5000m Germiston 14:47.74, 5th
 Two Oceans Half Marathon, Cape Town 1:07:39
 Nelson Mandela Bay Half Marathon, Port Elizabeth 1:05:08

PERSONAL PERFORMANCES 2018

1500m Germiston 1st, 3:55.99
 5000m Germiston Central Gauteng Ch. 4th, 14:57.96
 5000m Pretoria South African Ch. 18th, 15:10.16
 10,000m Germiston 5th, 9:50.7h

PERSONAL PERFORMANCES 2017

Durban 10,000m, 29:33.50
 Bedfordview Half Marathon 1:08:56
 Potchefstroom (RSA) 5000m 14:31.42
 Cape Town (RSA) 12 km Road 36:14
 ASA 21km Championships (ep) 1:04:36
 Dublin Marathon (Ireland) 2:18:24 (8th)



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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
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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CURRICULUM VITAE: Lungile Gongqa



PERSONAL DETAILS

FIRST NAME / SURNAME: Lungile Gongqa
DATE OF BIRTH: 22 February 1979
CLUB: Nedbank Running Club
NATIONALITY: South African
EMAIL / CONTACT / TWITTER: ivysogiba01@gmail.com / 073 720 1255 / @lungile_gongqa

PERSONAL BEST PERFORMANCES

Distance	Time	Area	Date
10 km Road	29:09	Mdantsane (RSA)	2013
12 km Road	35:39	Cape Town (RSA)	2015
15 km Road	45:20	Cape Town (RSA)	2013
Half Marathon	1:03:57	Port Elizabeth (RSA)	2016
Marathon	2:11:59	Cape Town (RSA)	2015
56km	3:09:38	Cape Town (RSA)	2017

Best Performances 2019

Top Form 10km, Cape Town 30:54, 1st
 Nelson Mandela Bay Half Marathon, Port Elizabeth 1:05:55
 Peninsula Marathon, Simon's Town 2:27:23, 2nd
 56km Two Oceans (wp) 3:18:53, 8th
 IAU 50km World Championships, 2:48:26, 2nd

Best Performances 2018

Marathon Cape Peninsula (wp) 02:21:58, 1st
 21km Sasolburg (fs) 01:11:51, 5th
 21km East London 01:06:03
 56km Two Oceans (wp) 3:22:54, 19th
 Cape Town Marathon 02:21:42

Best Performances 2017

10km Rondebosch (RSA) 30:46
 12km Cape Town (RSA) 36:55
 21km Port Elizabeth (RSA) 1:05:05
 Marathon Mumbai (IND) 2:18:52
 56km Two Oceans Cape Town (RSA) 3:09:38, 1st



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CURRICULUM VITAE: **Raeedo Claase**



PERSONAL DETAILS

FIRST NAME / SURNAME: Raeedo Claase
DATE OF BIRTH: 13 Augustus 1996
CLUB: Nedbank Running Club
NATIONALITY: South African
EMAIL / CONTACT: 065 585 8306

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10km	29:53	Cape Town	2019

Best Performances 2019

FNB One run 12km 38:37, 12th
 Cross Country League 10km 31:14, 3rd
 Easterns 15km 48:00, 1st
 Mckenna Scott 10km - WPA Championship 29:53, 1st



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Athlete Profile

Name	Benard Kipkemai 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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FNB 10km JHB 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



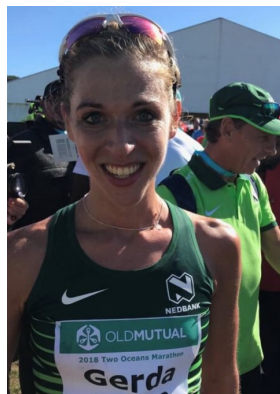
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Johannesburg SPAR Grand Prix Series 34:07, 1st

Durban 10 km 32:06, 3rd

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



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New York Marathon 2:31:04, 13th

FNB 10km Durban, 33:36, 5th

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: **Margaret Muriuki**



PERSONAL DETAILS

FIRST NAME / SURNAME: Margaret Muriuki
DATE OF BIRTH: 21 March 1986
CLUB: Nedbank Running Club
NATIONALITY: Kenya
EMAIL / CONTACT: craigfry276@gmail.com / 074 737 2729

Personal Best Performances

Event	Result	Position	Date
5km	15:22	Rennes (FRA)	2012
10km	31:05	Marseille (FRA)	2010
12km	39:31	Spokane, WA (USA)	2018
15km	58:12	Imenti (KEN)	2017
10Miles	51:38	Washington, DC (USA)	2019
Half Marathon	1:09:02	Valencia (ESP)	2014

Best Performances 2019

Cooper River Bridge Run 10km, Charleston USA 31:39, 2nd
 International Team Challenge 10km, Boulder USA 33:31, 4th
 Cherry Blossom 10Mile, Washington USA 51:38, 3rd



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