

Athlete Profile – JJ van der Merwe



Personal Information

Full name & Surname	Jacob Johannes van der Merwe
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Occupation	Full time Student at the University of Pretoria BcomHons Taxation
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Goals for 2021-2022

1	Marathon	2h:20min
2	Half-Marathon	Sub 1h06min
3	10km	30 min
4	Comrades marathon	Sub 6 hours (Top 10)

Long term Goals

Marathon	2h:15min
Comrades Marathon	05h:30min (win)
100km/50km	Represent SA at 100km/50km World Championships

Current PB's

1	10km	31:08 (Sanlam 2019 10km Peace run)
2	21.1km	1:08:39 (ASA Half-Marathon Championship 2019)

At only 24, I still regard myself as a young and upcoming athlete. My running career was planned out step by step until the Covid-19 pandemic struck. My plan was to focus on the marathon distance during 2020 and run 2h20min or faster and thereafter run competitively over the ultra-marathon distances from 2021 onwards. Even though no racing opportunities presented themselves during 2020, I still made sure to adjust my training to a marathon/ultra-marathon program. To make sure I can convert my 10km&21.1km times over to the marathon and ultra-marathons effectively when the opportunities made themselves available. I recently ran my first ultra-marathon, a 76km trail run (Addo Elephant Trail) where I managed to win the race by 28 minutes and just 8 minutes outside Ryan Sandes course record.

According to my recent training I believe I am currently in 2h20min marathon form and in search of an opportunity to showcase my current running form.

My aim will be to run between 2h50min-2h55min over the 50km distance when the opportunity presents itself in the near future.



Long run with my current training group (Sponge Group) including the likes of Stephen Mokoka and Collen Mulaudzi.



Winning the Addo Elephant 76km 2021 edition.

