



**Kemberley Marathon
2025
Nedbank Running Club Male – PROFILES**





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
 ABSA Run Your City Tshwane 10km, 31:10
 F21 Half Marathon, Phalaborwa, 1:06:05, 8th

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 Town 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: Joel Mmone

PERSONAL DETAILS

FIRST NAME / SURNAME: Joel Mmone
DATE OF BIRTH: 29 Mar 1991
CLUB: Nedbank Running Club
NATIONALITY: South Africa

PERSONAL BEST

Event	Result	Place	Date
5000m	14:02.05	Potchefstroom (RSA)	2016
10000m	28:49.92	Durban (RSA)	2017
10km	28:23	Casablanca (MAR)	2016
12km	34:35	Cape Town (RSA)	2018
15km	46:14	Pretoria (RSA)	2019
Half Marathon	1:01:22	Port Elizabeth (RSA)	2019
Marathon	2:21:34	Soweto (RSA)	2023

Personal Performances 2024

Region 5 Marathon, 1:05:21, 6th
 ABSA Run Your City Joburg 10km, 29:49
 ABSA Run Your City Tshwane 10km, 29:55, 10th

Personal Performances 2024

Nelson Mandela Bay Half Marathon, Gqeberha, 1:04:34, 7th

Personal Performances 2023

Nelson Mandela Bay Half Marathon, Gqeberha, 1:01:48, 9th
 Run your City 10km Johannesburg, 29:59, 6th
 Soweto Marathon, 2:21:34, 6th

Personal Performances 2021

Durban 10K CITYRUN, Durban RSA, 31:20
 Nelson Mandela Bay Half Marathon, Port Elizabeth RSA, 1:04:56



NEDBANK RUNNING CLUB



CURRICULUM VITAE: **Namakoe Nkhasi**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Namakoe Nkhasi
DATE OF BIRTH: 10 January 1993
CLUB: Nedbank Running Club
NATIONALITY: Lesotho

Personal Bests

Event	Result	Venue	Date
10km	27:52	Durban (RSA)	2022
12km	33:43	Cape Town (RSA)	2017
Half Marathon	1:01:01	Port Elizabeth (RSA)	2022
Marathon	2:19:21	Cape Town (RSA)	2021

Best Performances 2025

Region 5 Marathon, 1:05:13, 5th
 ABSA Run Your City Joburg 10km, 29:12, 7th
 ABSA Run Your City Tshwane 10km, 29:37, 8th
 F21 Half Marathon, Phalaborwa, 1:04:00, 2nd
 ABSA Run Your City Durban 10km, 28:42
 Nelson Mandela Bay Half Marathon, 1:04:17, 12th
 Durban International Marathon, 2:13:14, 4th
 ABSA Run Your City 10km Gqeberha, 28:20, 6th
 Biogen Half Marathon, 1:05:56, 1st

Best Performances 2024

Absa Run Your City Joburg 10km, 29:35, 4th
 NMB Half Marathon, Pollock Beach, Gqeberha, 1:04:04, 2nd
 African Games, University of Ghana Sports Stadium, Accra, Half Marathon, 1:05:58, 4th

Best Performances 2023

Run your City 10km Johannesburg, 29:07, 1st
 South African 5km Road Running Championships, Johannesburg, 14:26, 1st
 Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:04:33

Best Performances 2022

Nedbank Running Club Skosana Race, Pretoria 1:05:39, 1st
 Two Oceans Half Marathon, 1:04:02, 10th
 ABSA Run Your City 10km, Cape Town RSA, 28:24 3rd
 ABSA RYC Durban 10km, Durban RSA, 27:52, 2nd
 Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:01:01, 1st





CURRICULUM VITAE: **Daniel Paulus**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Daniel Paulus
DATE OF BIRTH: 17 January 1997
CLUB: Nedbank Running Club
NATIONALITY: Namibia

World Athletics Profile Link:

<https://worldathletics.org/athletes/namibia/daniel-nghidinwa-paulus-14842088>

Personal Bests

Event	Result	Date	Venue
Marathon	2:08:40 NR	2023	Daegu (KOR)
Half Marathon	1:01:10 NR	2022	Gqeberha (RSA)
5000 Metres	13:53.12	2022	Birmingham (GBR)
10,000 Metres	31:02.40	2019	Oshakati (NAM)

Best Performances 2025

Region 5 Marathon, Union Buildings Tshwane, 1:04:12, 1st
 Nelson Mandela Bay Half Marathon, 1:01:51, 2nd
 Maraton de Cali, Cali COL, 2:15:19, 3rd





**Kimberley Marathon
2025
Nedbank Running Club Female – PROFILES**





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
Region 5 Marathon, Union Buildings Tshwane, 1:18:40, 6th

Best Performances 2024

Cape Town Marathon, 2:38:16





CURRICULUM VITAE: **Meseret Biru Fita**

PERSONAL DETAILS

FIRST NAME / SURNAME: Meseret Biru Fita
DATE OF BIRTH: 1 October 1997
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia

PERSONAL BEST

Event	Result	Venue	Date
5000 Metres	16:26	Abu Dhabi (UAE)	2024
10 Kilometres	32:15	Addis Ababa (ETH)	2024

PERSONAL PERFORMANCES 2025

Durban International Marathon, 2:38:23, 5th
Spar Women's Grand Prix Series Cape Town, 34:37, 7th

PERSONAL PERFORMANCES 2024

Abu Dhabi 5000m, 16:26
Great Run Addis Ababa 10Km, 32:15

