



Mandela Day Marathon Men 2019 PROFILES

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



CURRICULUM VITAE: **Kebede Aberra Dinke**



PERSONAL DETAILS

FIRST NAME / SURNAME: Kebede Aberra Dinke
DATE OF BIRTH: 13 December 1987
CLUB: Nedbank Running Club Ethiopia
NATIONALITY: Ethiopia
EMAIL / CONTACT / TWITTER: thomassw2002@yahoo.com / 061 677 2018

PERSONAL BEST PERFORMANCES

Personal Performances 2018

Mandela Day Marathon 2:32:53, 8th

Personal Performances 2017

Run4Cancer 48Km 2:52:49, 1st
Mandela Day Marathon 2:28:44, 3rd
Heroes Marathon 2:26:22, 2nd
Two Oceans 56km 3:14:19, 6th

Personal Performances 2016

Two Oceans 56km 3:19:51, 9th

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CURRICULUM VITAE: **Walter Kororia**

PERSONAL DETAILS

FIRST NAME / SURNAME: Walter Kororia
DATE OF BIRTH: 28 December 1989
CLUB: Nedbank Running Club
NATIONALITY: Kenya
EMAIL / CONTACT / TWITTER: craigfry276@gmail.com / 074 737 2729

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
3000 Metres Steeplechase	9:04.8h	Eldoret (KEN)	2016
10 Kilometres	29:25	Trento (ITA)	2013
Half Marathon	1:02:20	Udine (ITA)	2013
Marathon	2:15:27	Mont-Saint-Michel (FRA)	2014

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CURRICULUM VITAE: **Mabothile Lebopo**

PERSONAL DETAILS

FIRST NAME / SURNAME: Mabothile Lebopo
DATE OF BIRTH: 25 December 1975
CLUB: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
EMAIL / CONTACT / TWITTER: goodmanthaba@gmail.com / 078 832 9870

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10,000 Metres	28:57.07	Port Elizabeth (RSA)	16 FEB 2001
10 Kilometres	29:11	Holcim (RSA)	03 OCT 2004
Half Marathon	1:03:39	Cape Town (RSA)	15 APR 2006
Marathon	2:13:42	Durban (RSA)	08 FEB 2009

Best Marathon Performances

2018	2:29:12	Mandela Day Marathon (RSA)
2018	1:05:33	East London Legends Half Marathon
2012	2:17:14	Soweto (RSA)
2011	2:20:27	Soweto (RSA)
2010	2:22:22	Soweto (RSA)
2009	2:13:42	Durban (RSA)
2008	2:13:52	Durban (RSA)
2007	2:14:31	Port Elizabeth (RSA)
2006	2:19:00	Johannesburg (RSA)
2005	2:24:39	Soweto (RSA)
2004	2:18:05	Soweto (RSA)
2003	2:16:12	Pyongyang (PRK)
2002	2:19:50	Soweto (RSA)
2001	2:25:04	Port Elizabeth (RSA)

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CURRICULUM VITAE: Tsepo Mathibelle

PERSONAL DETAILS

FIRST NAME / SURNAME: Tsepo Mathibelle
DATE OF BIRTH: 30 June 1991
CLUB: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
EMAIL / CONTACT / TWITTER: goodmanthaba@gmail.com / 078 832 9870

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
5000 Metres	14:30.6h	Maputo (MOZ)	2011
10,000 Metres	31:03.54	Durban (RSA)	2011
Half Marathon	1:06:06	Knysna (RSA)	2015
Marathon	2:13:50	Beijing (CHN)	2017

Best Half Marathon Performances

<u>Performance</u>	<u>Place</u>	<u>Date</u>
1:07:59	KwaMashu (RSA)	2016
1:06:06	Knysna (RSA)	2015
1:10:27	Maputo (MOZ)	2011

Best Marathon Performances

<u>Performance</u>	<u>Place</u>	<u>Date</u>
2:13:50	Beijing (CHN)	2017
2:15:39	Daegu (KOR)	2016
2:17:17	Beijing (CHN)	2015
2:16:21	Glasgow (GBR)	2014
2:55:54	London (GBR)	2012

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CURRICULUM VITAE: **Selam Abere Alebachew**



PERSONAL DETAILS

FIRST NAME / SURNAME: Selam Abere Alebachew
DATE OF BIRTH: 18 January 1989
CLUB: Nedbank Running Club Ethiopia
NATIONALITY: Ethiopia
EMAIL / CONTACT: thomassw2002@yahoo.com / 061 677 2018

PERSONAL BEST TIMES

Event	Result	Venue	Date
10km	32:21	Bristol	05 MAY 2013
Half Marathon	1:12:16	Vitry-sur-Seine	21 APR 2013
Marathon	2:36:08	Marrakech	26 JAN 2014

Best Performances

Event	Result	Position	Date
SA Half Marathon (PE)	1:15:58	12 th	2018
Mandela Day Marathon	2:53:22	2 nd	2018
Two Oceans	3:59:24	9 th	2018
Soweto Marathon	2:46:33	3 rd	2017
Mandela Day Marathon	2:49:02	2 nd	2017
Mandela Day Marathon	2:52:28	1 st	2016
Mandela Day Marathon	2:51:47	1 st	2015
Marathon	2:36:08		2014
Half Marathon	1:12:16		2013
Hero's Marathon winner		1 st	2013

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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 2017

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

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CURRICULUM VITAE: **David Kwemai Maru**

PERSONAL DETAILS

FIRST NAME / SURNAME: David Kwemai Maru
DATE OF BIRTH: 23 January 1992
CLUB: Nedbank Running Club
NATIONALITY: Kenya
EMAIL / CONTACT / TWITTER: craigfry276@gmail.com / 074 737 2729

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 Kilometres	28:23	Valencia, ESP	2013
15 Kilometres	42:47	Valencia, ESP	2013
20 Kilometres	57:41	Valencia, ESP	2013
Half Marathon	1:00:41	Valencia, ESP	2013

Personal Performances 2019

Sotokoto Half Marathon, 1st

Personal Performances 2017

Brussels (BEL) 20km, 1:00:37, 1st

Personal Performances 2015

Madrid Half Marathon (ESP), 1:02:11

Personal Performances 2013

Valencia (ESP) 10km, 28:23
 Valencia (ESP) 15km, 42:47
 Valencia (ESP) Half Marathon, 1:00:41

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CURRICULUM VITAE: **Ramolefi Motsieloa**

PERSONAL DETAILS

FIRST NAME / SURNAME: Ramolefi Motsieloa
DATE OF BIRTH: 20 January 1990
CLUB: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
EMAIL / CONTACT / TWITTER: goodmanthaba@gmail.com / 078 832 9870

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
5000 Metres	13:56.65	Port Elizabeth (RSA)	2010
10,000 Metres	30:17.82	New Delhi (IND)	2010
Half Marathon	1:04:29	Port Elizabeth (RSA)	2018
Marathon	2:17:12	Glasgow (GBR)	2014

Best Half Marathon Performances

<u>Time</u>	<u>Venue</u>	<u>Year</u>
1:08:12	Cape Town (RSA)	2019
1:04:29	Port Elizabeth (RSA)	2018
1:05:28	Maputo (MOZ)	2011

Best Marathon Performances

<u>Time</u>	<u>Venue</u>	<u>Year</u>
2:30:16	Gold Coast (AUS)	2018
2:17:12	Glasgow (GBR)	2014
2:23:38	Mon Choisy (MRI)	2011

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CURRICULUM VITAE: Rutendo Nyahora



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Rutendo Nyahora
DATE OF BIRTH: 11/11/1988
CLUB: Nedbank Running Club Zimbabwe
NATIONALITY: Zimbabwe
CONTACT / EMAIL / TWITTER: 071 085 0396 / rutendonyahora@gmail.com / @tendonyahora

PERSONAL BEST

Event	Result	Venue	Date
10 km Road	32:55	Cape Town (RSA)	2012
12 km Road	40:16	Cape Town (RSA)	.2015
15 km Road	53:41	Pretoria (RSA)	2015
Half Marathon	1:14:56	Zwolle (NED)	2012
Marathon	2:34:49	Wien (AUT)	2019
Two Oceans 21km	1:15:44	Cape Town (RSA)	2015

PERSONAL PERFORMANCES 2019

Wien Marathon (AUT) 2:34:49, 7th
 Deloitte Pretoria (agn) 10km 35:31, 1st
 Intercare Classic (agn) 21km 1:19:52, 1st
 Two Oceans 21km 1:17:50, 5th
 Spar Ladies PE 34:49

PERSONAL PERFORMANCES 2018

Durban Spar Grand Prix Series 34:07, 5th
 Pretoria Spar Grand Prix Series 34:24, 2nd
 Pietermaritzburg Spar Grand Prix Series 34:56, 3rd
 Cape Town 10 km 33:54, 2nd

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