

# NEDBANK RUNNING CLUB



## CURRICULUM VITAE: **Mike Fokoroni**

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Mike Fokoroni  
**DATE OF BIRTH:** 10 January 1977  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Zimbabwe  
**TWITTER:** @FokoroniMike  
**INSTAGRAM:** #fokoroni



### PERSONAL BEST TIMES

| <u>Distance</u> | <u>Time</u> | <u>Venue</u>         | <u>Year</u> |
|-----------------|-------------|----------------------|-------------|
| 10 km Road      | 29:41       | Mamelodi (RSA)       | 2009        |
| Half Marathon   | 1:03:04     | Port Elizabeth (RSA) | 2009        |
| Marathon        | 2:13:17     | Beijing (CHN)        | 2008        |
| 50km            | 2:49:05     | Port Elizabeth (RSA) | 2023        |

### Bests Performance 2025

FNB Kazungula Bridge Marathon - 2:27:32

### Bests Performance 2024

Two Oceans Marathon (RSA) 56km, 3:30:10

### Bests Performance 2023

Prince Mangosuthu Ultra Marathon (RSA) 52km, 3:02:01, 10<sup>th</sup>  
50Km Nedbank Ultra Marathon Runified, 2:49:05, 9<sup>th</sup>  
SA Run4Cancer 48km, 2:55:00

### Comrades Marathon

2013 Up, 05:50:11, 8<sup>th</sup>  
2016 Down, 05:35:09, 4<sup>th</sup>  
2023 Down, 05:54:10

### Two Oceans Marathon

2010, 03:11:38, 6<sup>th</sup>  
2011, 03:11:25, 7<sup>th</sup>  
2013, 03:13:29, 10<sup>th</sup>  
2015, 03:16:56, 6<sup>th</sup>  
2016, 03:13:33, 1<sup>st</sup>  
2018, 03:16:38, 10<sup>th</sup>

