



## MPUMALANGA MARATHON

2024

### Nedbank Running Club Male – PROFILES



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CURRICULUM VITAE: **Onalenna Khonkhobe**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Onalenna Khonkhobe  
**DATE OF BIRTH:** 29 April 1996  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South African

**PERSONAL BEST TIMES**

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
3000m	8:56.63	Potchefstroom (RSA)	2021
10km	29:42	Preotia (RSA)	2024
Half Marathon	1:03:13	Johannesburg (RSA)	2022
Marathon	2:22:19	Klerksdorp (RSA)	2022
50km	2:39:41	Port Elizabeth (RSA)	2023

**Best Performances 2024**

Dischem Half Marathon, 1:05:41, 1<sup>st</sup>  
Two Oceans 56km, 3:09:30, 1<sup>st</sup>  
ABSA RYC 10km Tshwane, 29:42

**Best Performances 2023**

SA Run4Cancer 48km, 2:37:57, 1<sup>st</sup>  
Comrades Marathon - Down Run (RSA) 87km, 5:59:08  
Nedbank Runified 50km, 2:39:41, 2<sup>nd</sup>

**Best Performances 2022**

Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:03:13  
Race to Equality, Johannesburg, 1:10:04, 8<sup>th</sup>  
Klerksdorp Marathon, 2:22:19, 1<sup>st</sup>  
Two Oceans 56km, 3:12:57, 6<sup>th</sup>

**Best Performances 2021**

ACNW Open T&F Meeting, McArthur Stadium, Potchefstroom 8:56.63, 6<sup>th</sup>  
ACNW Open T&F Meeting, McArthur Stadium, Potchefstroom 9:07.55, 4<sup>th</sup>  
Nelson Mandela Bay Half Marathon, Port Elizabeth 1:06:46



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## 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

Distance	Year	Venue	Time
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 2024

ABSA RYC 10km Tshwane, 29:39, 7<sup>th</sup>  
Foskor Half Marathon, 1:04:29, 1<sup>st</sup>

### Best Performances 2023

Cape Twon Marathon, 2:17:14, 18<sup>th</sup>

### Best Performances 2022

ABSA RYC Durban 10k, Durban, 29:17  
Nelson Mandela Bay Half Marathon, Gqeberha, 1:03:43



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## CURRICULUM VITAE: Ricardo Sithembile Swarts

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Ricardo Sithembile Swarts  
**DATE OF BIRTH:** 24 April 1992  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South Africa

### PERSONAL BEST TIMES

DISTANCE	EVENT	TIME
10km	Beaufort West Race (2017)	32:38
21km	Windpomp Race (2017)	66:01
42km	Peninsula Marathon (2020)	2:27:35
56km	Two Oceans Ultra (2023)	3:19:20



### Personal Performances 2024

Two Oceans 56km, 3:22:12, 20<sup>th</sup>

### Personal Performances 2023

Weskus Marathon, 2:26:35, 2<sup>nd</sup>  
Winelands Marathon, 2:29:48, 1<sup>st</sup>  
Two Oceans 56km, 3:19:20, 17<sup>th</sup>

### Personal Performances 2022

Two Oceans 56km, 3:24:16  
Winelands Marathon, 2:27:35, 1<sup>st</sup>

### FUTURE GOALS:

One of my future goals is win the Om Die Dam 50km  
Achieve a top 10 finish at Two Oceans Ultra Marathon in the future  
To win Soweto marathon



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## CURRICULUM VITAE: **Lebogang Khonkhobe**

### **PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Lebogang Khonkhobe  
**DATE OF BIRTH:** 22 March 1988  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South African



### **PERSONAL BEST TIMES**

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10km	31:17	Johannesburg (RSA)	2013
Half Marathon	1:07:05	East London (RSA)	2013
Marathon	2:30:56	Cape Town (RSA)	2014
50km	3:01:09	Gqebertha	2023

### **Best Performances 2023**

Comrades Marathon - Down Run (RSA) 87km, 5:48:32  
50Km Nedbank Ultra Marathon Runified, 3:01:09  
Marakele Marathon, 2:41:12, 1<sup>st</sup>

### **Best Performances 2022**

Mandela Remembrance Run, Pretoria RSA, 1:07:56, 5<sup>th</sup>



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CURRICULUM VITAE: **Degefa Yohannese Lafebo**

**PERSONAL INFORMATION**

**FIRST NAMES / SURNAME:** Degefa Yohannese Lafebo  
**DATE OF BIRTH:** 2 October 1993  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Ethiopia

**Personal Bests**

Event	Result	Venue	Date
Half Marathon	1:04:37	Bengaluru (IND)	2017
Marathon	2:16:54	San Sebastián (ESP)	2021

**World Athletics Profile Link:**

<https://worldathletics.org/athletes/ethiopia/yohannes-degefa-14782788>

**Best Performances 2024**

Two Oceans 56km, 3:12:47, 7<sup>th</sup>  
Comrades Marathon Up run 86km, 5:27:48. 3<sup>rd</sup>

**Best Performances 2023**

Two Oceans 56km, 3:12:49, 6<sup>th</sup>



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## CURRICULUM VITAE: **Asefa Mengstu Negewo**

### **PERSONAL INFORMATION**

**FIRST NAMES / SURNAME:** Asefa Mengstu Negewo  
**DATE OF BIRTH:** 22 January 1988  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Ethiopia



### **Personal Bests**

<b>Distance</b>	<b>Result</b>	<b>Place</b>	<b>Date</b>
10 km	28:41	Arezzo ITA	2011
Half Mara	59:54	New Delhi (IND)	2017
Marathon	2:04:06	Dubai (UAE)	2018
5000m	13:55	Yokohama JPN	2012
10000m	28:54	Miyoshi JPN	2012

### **World Athletics Profile Link:**

<https://worldathletics.org/athletes/ethiopia/asefa-mengstu-14438913>

### **Personal Performances 2024**

Haier Qingdao Marathon (CHN), 2:13:43, 6<sup>th</sup>

### **Personal Performances 2023**

Hangzhou Marathon, Hangzhou (CHN), 2:23:46, 10<sup>th</sup>

### **Personal Performances 2022**

Schneider Electric Marathon de Paris, Paris (FRA), 2:08:30, 10<sup>th</sup>  
Honolulu Marathon, Honolulu, (USA), 2:14:40, 1<sup>st</sup>



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CURRICULUM VITAE: **Dagnachew Adere Maru**

**PERSONAL INFORMATION**

**FIRST NAMES / SURNAME:** Dagnachew Adere Maru  
**DATE OF BIRTH:** 10 January 1996  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Ethiopia  
**EMAIL:** thomassw2002@yahoo.com  
**CONTACT:** +251 97 538 1426

**World Athletics Profile Link:**

<https://worldathletics.org/athletes/ethiopia/dagnachew-maru-14732984>

**Personal Bests**

Event	Result	Venue	Date
10km	28:54	Addis Abeba (ETH)	2021
Half Marathon	1:04:05 *	Belfort (FRA)	2017
25km	1:13:52	Kolkata (IND)	2019
Marathon	2:10:21	Daegu (KOR)	2023

**Best Performances 2024**

Access Bank Lagos City Marathon, Lagos NGR, 2:22:59, 9<sup>th</sup>  
Absa Run Your City Gqeberha 10km, 29:25, 15<sup>th</sup>

**Best Performances 2023**

Cape Town Marathon, 2:12:19, 7<sup>th</sup>  
Daegu International Marathon, Daegu KOR, 2:10:21, 13<sup>th</sup>

**Best Performances 2022**

Sofi Malt Great Ethiopian Run International 10km, Addis Abeba ETH, 28:54, 4<sup>th</sup>  
Sanlam Cape Town Marathon, Cape Town RSA, 2:11:52, 3<sup>rd</sup>

**Best Performances 2021**

Great Ethiopian Run 10km, Addis Abeba ETH, 28:54, 4<sup>th</sup>



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CURRICULUM VITAE: **Daba Ifa Debele**

**PERSONAL INFORMATION**

**FIRST NAMES / SURNAME:** Daba Ifa Debele  
**DATE OF BIRTH:** 13 November 1995  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Ethiopia



**Personal Bests**

Event	Result	Venue	Date
10km	30:48	Luanda (ANG)	2015
Marathon	2:18:58	Soweto (RSA)	2022

**World Athletics Profile Link:**

<https://worldathletics.org/athletes/ethiopia/daba-debele-14735702>

**Best Performances 2023**

2023 Soweto Marathon, 2:19:57, 2<sup>nd</sup>

**Best Performances 2022**

Soweto Marathon, 2:18:58, 1<sup>st</sup>



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CURRICULUM VITAE: **Simon Paulus**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Simon Paulus  
**DATE OF BIRTH:** 4 May 1998  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Namibia

**PERSONAL BEST TIMES**

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
800m	1:58.44	Windhoek (NAM)	2017
1500m	3:58.06	Oshakati (NAM)	2019
5000m	14:06.36	Swakopmund (NAM)	2022
10km	30:35	Swakopmund (NAM)	2016
Half Marathon	1:02:51	Gqeberha (RSA)	2022

**Best Performances 2024**

Kazungula Bridge Half Marathon, Kazungula BOT, 1:04:35, 2<sup>nd</sup>

**Best Performances 2023**

Athletics Namibia Grand Prix Leg 2 5000m, Independence Stadium, Windhoek NAM, 13:37.85, 2<sup>nd</sup>

**Best Performances 2022**

AN Grand Prix Leg 1, Vineta Stadium, Swakopmund 5000m NAM, 14:06.36, 2<sup>nd</sup>  
Gaborone International Meet 5000m, National Stadium, Gaborone - Invitational Events BOT, 14:15.24, 4<sup>th</sup>  
Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:02:51, 17<sup>th</sup>



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## CURRICULUM VITAE: Tadu Teshome Nare

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Tadu Teshome Nare  
**DATE OF BIRTH:** 9 June 2001  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Ethiopia

### PERSONAL BEST

Event	Result	Venue	Date
800m	2:06.36	Assela (ETH)	2017
1500m	4:13.71	Stellenbosch (RSA)	2021
One Mile	4:45.28	Cape Town (RSA)	2022
10,000m	32:50.9h	Hawassa (ETH)	2022
10km	31:13	Durban (RSA)	2024
Half Marathon	1:06:13	København (DEN)	2022
Marathon	2:17:36	Valencia (ESP)	2022

### World Athletics Profile Link:

<https://worldathletics.org/athletes/ethiopia/tadu-teshome-14817199>

### PERSONAL PERFORMANCES 2024

Mandela Bay Half Marathon, 1:12:01, 1<sup>st</sup>  
Spar Grand Prix 10km, 31:13, 1<sup>st</sup>

### PERSONAL PERFORMANCES 2023

Atlanta Journal Constitution Peachtree Road Race 10km, Atlanta, GA USA, 31:52, 8<sup>th</sup>  
Spar Women's Challenge 10km, Tshwane RSA, 32:56, 1<sup>st</sup>  
TCS London Marathon, London GBR, 2:21:31, 8<sup>th</sup>  
Bank of America Chicago Marathon, Chicago, IL USA, 2:20:04, 5<sup>th</sup>  
Shanghai Marathon, Shanghai CHN, 2:25:05, 6<sup>th</sup>

### PERSONAL PERFORMANCES 2022

Under Armour Mile, Green Point Stadium, Cape Town, 4:45.28, 3<sup>rd</sup>  
Ethiopian Championships, Hawassa ETH, 32:50, 10<sup>th</sup>  
Spar Ladies Grand Prix Series - Gqeberha, Gqeberha, 32:11, 2<sup>nd</sup>  
SPAR Grand Prix Durban, Durban, 31:50, 1<sup>st</sup>  
SPAR Grand Prix Mbombela, Mbombela, 32:43, 1<sup>st</sup>  
SPAR Grand Prix Tshwane, Tshwane, 32:44, 1<sup>st</sup>  
SPAR Grand Prix Joburg, Johannesburg, 33:33, 1<sup>st</sup>  
Nelson Mandela Bay Half Marathon, Gqeberha, 1:07:55, 3<sup>rd</sup>  
Copenhagen Half Marathon, København DEN, 1:06:13, 1<sup>st</sup>  
Riyadh Marathon, Riyadh KSA, 2:26:38, 1<sup>st</sup>



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## CURRICULUM VITAE: **Rebecca Nakuwa**

### **PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Rebecca Nakuwa  
**DATE OF BIRTH:** 1 January 1985  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Kenya  
**GENDER:** Female

### **PERSONAL BEST**

Event	Venue	Result	Date
10km	Turkana	36:24,1	2019
Marathon	Thailand	2:46:11	2017
Half Marathon	Serengeti	1:16:18	2017
50km trail run	Singapore	3:48:12	2016
54km trail run	Hong Kong	4:18:11	2017

### **Best Performances 2024**

Mbombela 42km, 3:34:14, 2<sup>nd</sup>  
Pirates 21kms, 1:27:31, 6<sup>th</sup>  
Prince Mongosuthu marathon 52km, 4:07:12, 7<sup>th</sup>  
Gerald Fox Memorial 21kms, 1:29:12

### **Best Performances 2023**

University of Botswana marathon 42km, 2:58:11, 3<sup>rd</sup>  
Orange Phikwe marathon Botswana, 3:06:00, 6<sup>th</sup>  
Mount Kilimanjaro 42km, 3:32:48, 5<sup>th</sup>

### **Best Performances 2022**

NBC Tanzania marathon 42kms, 3:17:12, 11<sup>th</sup>



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## CURRICULUM VITAE: **Margaret Jepchumba**

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Margaret Jepchumba  
**DATE OF BIRTH:** 6 January 1981  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Kenya  
**GENDER:** Female

### PERSONAL BEST

Event	Result	Venue	Date
Marathon	2:48:13	Durban (RSA)	2023

### Best Performances 2023

Durban International Marathon, Durban, 2:48:13, 9<sup>th</sup>  
SA Run 4 cancer 48km ultra marathon, 3:03:31, 1<sup>st</sup>



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**CURRICULUM VITAE: Millicent Kemunto Nyaberi**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Millicent Kemunto Nyaberi  
**DATE OF BIRTH:** 5 May 2000  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Kenya  
**GENDER:** Female

**PERSONAL BEST**

Event	Result	Date
5000m	16:29	2023
10km	35:37	2024
1500m	4:39	2023

**Best Performances 2024**

Absa Run Your City Tshwane 10Km, Pretoria, 35:37  
Kenyan Championships 5000m, Nyayo National Stadium, Nairobi, 16:54

**Best Performances 2023**

Kenyan Championships 5000m, Nyayo National Stadium, Nairobi, 16:29  
Kenya Prisons Track and Field Championships 1500m, Kasarani, Nairobi, 4:39  
Sirikwa Cross Country Classic, Eldoret - XC 10.0km, 40:16



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