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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**

1500m 3:49.72 Port Elizabeth (RSA) 2013

3000m 8:30.86 Potchefstroom (RSA) 2020

5000m 13:21.68 Durban (RSA) 2016

10,000m 28:06.33 Durban (RSA) 2016

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**

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

**Best Performances 2021**

KZNA T&F League 5000m, Kings Park Athletics Stadium, Durban 14:16.59, 2nd

KZNA Ch.5000m, Kings Park Athletics Stadium, Durban 14:06.21, 2nd

ASA/KZNA Olympic Qualifier 5000m, Msunduzi Athletics Stadium, Pietermaritzburg 14:06.45, 4th

KZNA 10000m League, Kings Park Athletics Stadium, Durban 30:05.75, 7th

KZNA Ch.10000m, Kings Park Athletics Stadium, Durban 29:13.65, 4th

Botswana Ch.10000m, National Stadium, Gaborone 29:18.05

Hollywoodbets Durban Summer 10km, Durban 29:04, 6th

Nelson Mandela Bay Half Marathon, Port Elizabeth 1:02:19

Sanlam Cape Town Marathon, Cape Town 2:19:21