



**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 2023**

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

**Best Performances 2022**

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

**Best Performances 2021**

KZNA T&F League 5000m, Kings Park Athletics Stadium, Durban 14:16.59, 2<sup>nd</sup>  
 KZNA Ch.5000m, Kings Park Athletics Stadium, Durban 14:06.21, 2<sup>nd</sup>  
 ASA/KZNA Olympic Qualifier 5000m, Msunduzi Athletics Stadium, Pietermaritzburg 14:06.45, 4<sup>th</sup>  
 KZNA 10000m League, Kings Park Athletics Stadium, Durban 30:05.75, 7<sup>th</sup>  
 KZNA Ch.10000m, Kings Park Athletics Stadium, Durban 29:13.65, 4<sup>th</sup>

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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



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