



SA Half Marathon Championships 2019 MALE ATHLETES - CV'S 21KM

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



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: Sintayehu Legese Yinesu



PERSONAL DETAILS

FIRST NAME / SURNAME: Sintayehu Legese Yinesu
DATE OF BIRTH: 11 December 1990
CLUB: Nedbank Running Club Ethiopia
NATIONALITY: Ethiopia
EMAIL / CONTACT / TWITTER: thomassw2002@yahoo.com / +051 98 566 0771

PERSONAL BEST TIMES

Distance	Time	Venue	Year
Half Marathon	1:02:59	Granollers (ESP)	2015
Marathon	2:11:07	Paris (FRA)	2015

Personal Performances 2019

Marathon Lagos (NGR) 2:17:28, 1st
 Two Oceans 56km (RSA) 3:12:33, 4th

Personal Performances 2018

Soweto Marathon (RSA) 2:19:10, 1st
 Mandela Day Marathon (RSA) 2:28:05, 1st

Personal Performances 2017

Soweto Marathon (RSA) 2:20:56, 2nd

Personal Performances 2016

OR Thambo Marathon (RSA) 2:11:20, 2nd

Personal Performances 2015

Soweto Marathon (RSA) 2:23:20, 1st
 Granollers (ESP) 21km 1:02:59
 Paris Marathon (FRA) 2:11:07

Personal Performances 2014

Soweto Marathon (RSA) 2:17:55, 1st

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CURRICULUM VITAE: **Tomas Rainhold**



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Tomas Rainhold
DATE OF BIRTH: 7 February 1991
CLUB: Nedbank Running Club Namibia
NATIONALITY: Namibia
EMAIL / CONTACT / TWITTER: lukeikoj@gmail.com / +264 81 353 9285

PERSONAL BEST

Event	Result	Venue	Date
5000 Metres	14:33.79	Windhoek (NAM)	20 APR 2018
10,000 Metres	31:01.50	Windhoek (NAM)	22 APR 2017
Half Marathon	1:03:14	Port Elizabeth (RSA)	28 JUL 2018
Marathon	2:14:14	Hamburg (GER)	28 APR 2019

PERSONAL PERFORMANCES 2019

Haspa Marathon Hamburg (GER) 2:14:14

PERSONAL PERFORMANCES 2018

Windhoek Namibian 5000m 14:33.79, 1st
 Windhoek Namibian 10000m 31:15, 1st
 Valencia IAAF World Half Marathon Championships 1:07:15
 Gaborone Half Marathon 1:05:10
 Port Elizabeth Half Marathon 1:03:14
 Cape Town Marathon 2:17:38

PERSONAL PERFORMANCES 2017

Windhoek Namibian 5000m 14:45, 1st
 Windhoek Namibian 10000m 31:01, 1st

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CURRICULUM VITAE: Khoarahlane Joseph Seutlaoli



PERSONAL DETAILS

FIRST NAME / SURNAME: Khoarahlane Joseph Seutlaoli
DATE OF BIRTH: 30 March 1992
CLUB: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
EMAIL / CONTACT / TWITTER: viscctv@lantic.net / 082 416 5907

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10,000 Metres	28:47.60	Durban (RSA)	2019
10 Kilometres	30:19	Dongio (SUI)	2018
Half Marathon	1:04:40	Warszawa (POL)	2018
Marathon	2:22:11	Cape Town (RSA)	2017

Best Marathon Performances 2019

KZNA Championships, Durban (RSA) 28:47, 2nd

Best Marathon Performances 2018

Dongio Giro Media Blenio (SUI) 30:19, 12th
 Warszawa PZU Half Marathon (POL) 1:04:40, 7th

Best Marathon Performances 2017

Cape Town Marathon (RSA) 2:22:11, 15th

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CURRICULUM VITAE: **David Kwemoi Maru**

PERSONAL DETAILS

FIRST NAME / SURNAME: David Kwemoi 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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Athlete Profile

Name Benard Kipkemai Bii

Gender Male

Date of Birth 07 June 1988

Nationality Kenya

Personal Best 21.1km 61.44, position 2 SA Champs 2018

IAAF Status Silver Label as per 2019 list

Web Links: <https://athletics.org.za/sa-half-marathon-results-2018/>
<http://admin.twooceansmarathon.org.za/resultsoverall.aspx>

2018 Results

- Two Oceans Half Marathon – South Africa, Position 3
- Durban City Marathon 21.1km – 1H06 – Position 1
- SA and CAA Half Marathon Championships, 1H01:42, Position 2
- Mandela Day Marathon 21.1km – 1H02, Position 1
- Vaal River City Marathon 21.1km – 1H04, Position 1

Comments: A quality Athlete who by all accounts has a sub 60 half marathon in his sights in 2019.



Contact: Craig Fry Management
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IAAF Authorised Athlete Representative

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CURRICULUM VITAE: Tadu Teshome Nare



PERSONAL INFORMATION

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

PERSONAL BEST

Event	Result	Venue	Date
800m	2:04	Ethiopia	
1500m	4:16	Ethiopia	
10km	32:38	Port Elizabeth (RSA)	2019

PERSONAL PERFORMANCES 2019

Spar Ladies Port Elizabeth 32:38, 2nd
 Spar Ladies Cape Town 32:56, 3rd
 Spar Ladies Durban 32:38, 2nd

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CURRICULUM VITAE: **Neheng KHATALA**



PERSONAL INFORMATION

SURNAME: Neheng
FIRST NAMES: KHATALA
DATE OF BIRTH: 2 Jul 1992
CLUB: Nedbank Running Club
NATIONALITY: Lesotho

PERSONAL BEST

Event	Result	Venue	Date
800 Metres	2:16.1h	Maputo (MOZ)	2011
1500 Metres	4:37.34	Maputo (MOZ)	2010
10 Kilometres	34:36	Durban (RSA)	2019
Half Marathon	1:12:42	Port Elizabeth (RSA)	2018
Marathon	2:33:41	Cape Town (RSA)	2018

PERFORMANCES 2019

Spar Grand Prix Series 10km, Durban 34:36, 11th
 Semi marathon international de Safi, 1:16:09, 8th
 Harmony Geneva Marathon for Unicef, Genève, 2:37:49, 5th

PERFORMANCES 2018

Gold Coast Commonwealth Games 2:51:04, 13th
 SA Half Marathon Champs (EPA) 1:12:42, 4th
 Soweto Old Mutual Half Marathon 1:22:01, 4th
 Cape Town Marathon RSA 2:33:41, 7th

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CURRICULUM VITAE: Sarah Naibei

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Sarah Naibei
COUNTRY: Kenya
DATE OF BIRTH: 12 Mar 1999
CLUB: Nedbank International
EMAIL / CONTACT / TWITTER: craigfry276@gmail.com

Personal Bests

Event	Result	Venue	Date
3000 Metres Steeplechase	11:59.5h	Nairobi (KEN)	2010
10 Kilometres	33:22	Cape Town (RSA)	2019
15 Kilometres	54:15	Bilbao (ESP)	2018

PERSONAL PERFORMANCES 2019

Spar Grand Prix Series, Cape Town 4th, 33:22

PERSONAL PERFORMANCES 2018

Bilbao 15 km (ESP) 6th, 54:15

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