



 nelson mandela bay
MUNICIPALITY

NELSON MANDELA BAY

**HALF
MARATHON**

INCORPORATING
SA HALF MARATHON CHAMPIONSHIPS



2021

MALE ATHLETES - PROFILES



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CURRICULUM VITAE: **Lebenya Nkoka**

PERSONAL DETAILS

NAME / SURNAME: Lebenya Nkoka
DATE OF BIRTH: 23 November 1986
CLUB: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
EMAIL / CONTACT: lebenyankoka@gmail.com / 078 832 9870

PERSONAL BEST TIMES

Distance	Time	Venue	Year
10 Kilometres	29:44	Roodeport (RSA)	01 OCT 2006
20 Kilometres	1:02:51	George (RSA)	14 OCT 2006
Half Marathon	1:02:33	Port Elizabeth (RSA)	28 JUL 2018
Marathon	2:12:20	Bloemfontein (RSA)	16 APR 2016

Best Performances 2019

FNB Joburg 10K Cityrun, Johannesburg 31:22, 13th
Mandela Day Marathon, Howick 2:28:46, 5th
Soweto Marathon, Soweto 2:19:36, 6th

Best Performances 2018

Johannesburg 10 km, Johannesburg 30:34, 8th
Port Elizabeth Half Marathon, Port Elizabeth 1:02:33, 10th
Howick Mandela Half Marathon, Howick 1:03:24, 4th

Two Oceans 56km Performances

2010	03:27:02	30 th
2011	03:25:00	29 th
2012	03:14:42	12 th
2013	03:13:18	9 th
2014	03:09:52	1 st
2018	03:10:32	2 nd
2019	03:24:28	16 th



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CURRICULUM VITAE: **Misheck Sithole**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Misheck Sithole
DATE OF BIRTH: 30 March 1991
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe
EMAIL: mishecksithole91@gmail.com
CONTACT: +263774980510



PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
10 km	Road 29:27	Durban (South Africa)	2019
12km	Road 35.46	Cape Town (South Africa)	2019
Half Marathon	1:02.27	Port Elizabeth (South Africa)	2019
5000m Track	14.35	Harare (Zimbabwe)	2018
10000m Track	29.27	Harare (Zimbabwe)	2016

Best Performances 2020

Harry Gwala 21km (S.A) 1.01.06, 2nd
Harare marathon 21km Zimbabwe 1.04.46, 1st

PERSONAL PERFORMANCES 2019

Old Mutual Harare marathon 21km (ZIM) 1.08.12 1st
Diacore Gaborone marathon 21km (Botswana) 1.04.38 2nd
FNB 12 ONE RUN 12km (South Africa) 35.46
JM BUSHHA 21km (ZIM) 1.02.52 1ST
Tanganda Half marathon 21km (ZIM) 1.05.46 1st
ASA Championship 21km (South Africa) 1.02.27 12th
PetroSa marathon 21km (south Africa) 1.03.28 1st
Westgate half marathon 21km (ZIM) 1.07.36 1st
Orange Selebi Pikwe marathon 21km (Botswana) 1.01.21 1st
FNB DURBAN 10km Surf Run (South Africa) 29.27 19th
Outsuarance Gun Run 21km (South Africa) 1.04.50 3rd



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CURRICULUM VITAE: Tšepo Mathibelle

PERSONAL DETAILS

NAME / SURNAME: Tšepo Mathibelle
DATE OF BIRTH: 30 June 1991
CLUB: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
CONTACT: 078 832 9870



PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
5000m	14:30.6h	Maputo (MOZ)	2011
10,000m	31:03.54	Durban (RSA)	2011
Half Marathon	1:06:06	Knysna (RSA)	2015
Marathon	2:13:50	Beijing (CHN)	2017

Best Performances 2017

Qunu Heroes Half Marathon, Qunu RSA 1:09:50, 3rd
Seoul Marathon, Seoul KOR 2:16:11, 13th
Ottawa Marathon, Ottawa CAN 2:25:13, 24th
Beijing Marathon, Beijing CHN 2:13:50, 6th
Soweto Old Mutual Marathon, Soweto RSA 2:19:41, 1st



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CURRICULUM VITAE: Paulus Daniel

PERSONAL DETAILS

NAME / SURNAME: Paulus Daniel
DATE OF BIRTH: 17 January 1997
CLUB: Nedbank Running Club
NATIONALITY: Namibia
CONTACT:

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
5000m	14:26.27	Windhoek (NAM)	2020
10,000m	31:02.40	Oshakati (NAM)	2019

Best Performances 2021

5000m AN Grand Prix Leg3, Independence Stadium, Oshakati NAM 14:35.92, 1st

Best Performances 2020

5000m Crystal Gold Regional Club Challenge Leg3, 15:01.03, 3rd
5000m AN Grand Prix 4, Independence Stadium, Windhoek 14:36.10, 1st
5000m AN Grand Prix 5, Independence Stadium, Windhoek 14:40.17, 1st
5000m Namibian Ch., Independence Stadium, Windhoek 14:26.27, 2nd



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Asmamawu Ato Diro

Country: Ethiopia

Most Recent Best Performance

13:45 5000m Track 2021

10th in 10km XC Ethiopian Champs 2021

Kornelius Nghilyeendele

Country: Namibia

Most Recent Best Performance

1:05:58 Navachab Half Marathon

Jesaya Matheus

Country: Namibia

Most Recent Best Performance

1:06:51 Nelson Mandela Bay 21km 2019

Vincent Too

Country: Kenya

Most Recent Best Performance

28:41 Kipkeino Classic Continental tour 2020



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CURRICULUM VITAE: GERDA STEYN

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Gerda Steyn
COUNTRY: R.S. A
DATE OF BIRTH: 1990/03/03
CLUB: Nedbank Running Club
EMAIL: gerda.run@gmail.com
CONTACT: 072 656 3030
TWITTER: @gerdarun



PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
10km	32:24	Dubai	2020
Half Marathon	1:10:55	UAE	2020
Marathon	2:25:28	Italy	2021
Two Oceans 56km	3:31:28	Cape Town	2019
Comrades	5:58:53	Durban	2019

Best Performances 2021

Racenight, DSC Athletics Track 3000m, Dubai 9:22.19, 1st
Xiamen Marathon & Tuscany Camp Global Elite Race
2:25:28, 9th

Best Performances 2020

Dubai 10km 32:24, 1st
Ras Al Khaimah Half Marathon, 1:10:55, 13th
London Marathon 2:26:51, 7th

Best Performances 2019

TCS New York City Marathon, New York, NY 2:27:48, 11th
RAK Half Marathon, Ras Al Khaimah (UAE) 1:12:35, 9th
Two Oceans 56km 3:31:28, 1st
Comrades Marathon 5:58:53, 1st (New Record)
SA Half Marathon 1:11:54, 4th
Asda Foundation Middlesbrough 10km, 33:05, 1st
FNB Joburg 10K Cityrun, Johannesburg 34:31, 3rd



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CURRICULUM VITAE: HELALIA JOHANNES

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Helalia Johannes
DATE OF BIRTH: 13 August 1980
CLUB: Nedbank Running Club
NATIONALITY: Namibia
EMAIL / CONTACT : pgarauzive6@gmail.com / 081 553 8055



PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
10 Kilometres	30:59	Durban (RSA)	2019
Half Marathon	1:08:10	Marugame (JPN)	2020
Marathon	2:19:52	Valencia (ESP)	2020

Best Performances 2020

Kagawa Marugame International Half Marathon, Marugame 1:08:10, 1st
Maratón Valencia Trinidad Alfonso EDP, Valencia 2:19:52, 3rd

PERSONAL PERFORMANCES 2019

Two Oceans Half Marathon, Cape Town 1:10:30, 1st
Women's Marathon, Nagoya 2:22:25, 1st
Spar Ladies PE 31:51, 1st
Spar Ladies CT 31:45, 1st
Spar Ladies Durban 30:59, 1st
Bogota International half marathon 1:12:16, 2nd
Spar Ladies Pretoria 32:39, 1st
Marathon World Championship Doha 2:34:15, 3rd

PERSONAL PERFORMANCES 2018

Port Elizabeth Half Marathon 1:10:51, 2nd
Gold Coast Commonwealth Games 2:32:40, 1st
Cape Town Marathon 2:29:28, 1st

PERSONAL PERFORMANCES 2017

Vienna City Marathon 2:29:25, 6th
London IAAF World Championships in Athletics 2:32:01
Cape Town Marathon 2:30:28, 2nd



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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
EMAIL: thomassw2002@yahoo.com
CONTACT: +251 97 538 1426



PERSONAL BEST

Event	Result	Venue	Date
800 Metres	2:06.36	Assela (ETH)	2017
1500 Metres	4:13.71	Cape Town (RSA)	2021
10km	32:34	Durban (RSA)	2019
Half Marathon	1:09:57	Ras Al Khaimah (UAE)	2020

PERSONAL PERFORMANCES 2021

Olympic candidate trial competition, Addis Abeba 4:23.3h, 4th
Invitational Middle Distance Track Series, Coetzenburg Stadium, Stellenbosch 4:15.51, 1st
Invitational Middle Distance Track Series, Coetzenburg Stadium, Stellenbosch 4:13.71, 1st

PERSONAL PERFORMANCES 2020

Ethiopian Clubs Competition, Addis Abeba 4:21.2h, 2nd
Ras Al Khaimah Half Marathon, Ras Al Khaimah 1:09:57, 12th

PERSONAL PERFORMANCES 2019

Spar Ladies Port Elizabeth 32:38, 2nd
Spar Ladies Cape Town 32:56, 3rd
Spar Ladies Durban 32:38, 2nd
SA Half marathon championship 1:10:20, winner
Spar Ladies Pretoria 34:13, 2nd
Spar Ladies Pietermaritzburg 33:06, 2nd



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CURRICULUM VITAE: Rudo Mhonderwa

PERSONAL DETAILS

FIRST NAME / SURNAME: Rudo Mhonderwa
DATE OF BIRTH: 9 September 1995
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe
EMAIL: tabithatsatsa@gmail.com
CONTACT: [081 260 4192](tel:0812604192)



PERSONAL BEST TIMES

Event	Result	Venue	Date
10 Kilometres	33:53	Durban (RSA)	2018
12 Kilometres	42:02	Cape Town (RSA)	2018
Half Marathon	1:14:41	Port Elizabeth (RSA)	2018

PERSONAL PERFORMANCES 2020

Phobians Pretoria (agn) 10km 37:03

PERSONAL PERFORMANCES 2019

Outsurance Gun Run (wp) 10km 34:23
Petrosa (swd) 21km 1:17:56
Phobians (agn) 15km 55:30
Spar Womens (wp) 10km 36:49

PERSONAL PERFORMANCES 2018

4th Cape Town Spar Grand Prix Series 35:18
5th Port Elizabeth Freedom Run 10K 36:23
4th Port Elizabeth Spar Grand Prix Series 34:21
4th Durban Spar Grand Prix Series 33:53
8th Cape Town 12 km 42:02

PERSONAL PERFORMANCES 2017

Johnson Crane 21km, 1:18:35, 2nd
Deloitte 10km, 35:57, 1st
Harry Gwala 21km, 1:15:22, 3rd

PERSONAL PERFORMANCES 2016

Mandela Day 10km, 35:15
Victoria Falls 21km. (Zim), 1:21:55 2nd



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CURRICULUM VITAE: **Patience Murowe**

PERSONAL DETAILS

FIRST NAME / SURNAME: Patience Murowe
DATE OF BIRTH: 28 Augustus 1988
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe
EMAIL: pgarauzive6@gmail.com
CONTACT: +263 77 915 1505

PERSONAL BEST

Event	Result	Venue	Date
10 km Road	34:04	Port Elizabeth (RSA)	2019
21 km Road	1:15:55	Harry Gwala	2016

PERSONAL PERFORMANCES 2020

Phobians Pretoria (agn) 21km 1:26:01

PERSONAL PERFORMANCES 2019

Deloitte Pretoria (agn) 21km, 1:24:50

Two Oceans 21km 1:19:02, 7th

Spar Ladies PE 34:04, 8th

Spar Ladies CT 35:29

Spar Ladies Durban 34:27, 10th

Spar Ladies Pretoria 36:45, 10th

PERSONAL PERFORMANCES 2018

Outsurance Kfm Gun Run (wp) 21km, 1:17:39

Spar Womens Race (agn) 10km, 37:33

Old Mutual Two Oceans (wp) 21km, 1:17:33

PERSONAL PERFORMANCES 2017

1st, Johnsoncrane 21km, 1:18:29

1st, Deloitte 21km, 1:20:26

Spar Ladies Cape Town (wp), 10km, 35:27



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CURRICULUM VITAE: Gladys Jemeli Koech

PERSONAL DETAILS

FIRST NAME / SURNAME: Gladys Jemeli Koech
DATE OF BIRTH: 10 July 1978
CLUB: Nedbank Running Club
NATIONALITY: Kenya
EMAIL: gysportcentre@yahoo.com
CONTACT: [+254 722 658407](tel:+254722658407)

PERSONAL BEST

Event	Result	Venue	Date
10,000 Metres	33:16.44	Nairobi (KEN)	2019

PERSONAL PERFORMANCES 2021

10000m 1st Weekend Meeting, Nyayo National Stadium, Nairobi 34:17.3h, 4th

PERSONAL PERFORMANCES 2019

AK Meeting, Narok 33:28.0h, 2nd
African Games Trials, Nairobi 33:16.44, 10th

PERSONAL PERFORMANCES 2018

Nairobi Kenyan Ch., Nairobi 33:34.5h, 8th



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