



MALE ATHLETES - PROFILES



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CURRICULUM VITAE: **Andries Sesedi**

PERSONAL DETAILS

FIRST NAME / SURNAME: Andries Sesedi
DATE OF BIRTH: 10 Apr 2001
CLUB: Nedbank Running Club
NATIONALITY: South Africa

PERSONAL BEST

Event	Result	Place	Date
1500m	3:55.05	Pretoria (RSA)	2020
3000m	8:30.60	Potchefstroom (RSA)	2020
5000m	14:37.06	Johannesburg (RSA)	2023
10000m	29:14.57	Johannesburg (RSA)	2023
10km	28:39	Durban (RSA)	2022
Half Marathon	1:06:02	Gqeberha (RSA)	2022

Personal Performances 2023

CGA League Meeting 3, 1500m, Johannesburg RSA, 3:58.23, 2nd
CGA League Meeting 2, 5000m, Johannesburg RSA, 14:42.49, 3rd
CGA League Meeting 5, 5000m, Johannesburg RSA, 14:37.06, 1st
CGA Athletics Championships, Johannesburg RSA, 29:14.57, 2nd

Personal Performances 2022

CGA Open Meet 2, 5000m, Boksburg RSA, 14:56.32, 4th
Central Gauteng Ch., 10000m, Johannesburg RSA, 32:01.89, 4th
South African Championships, 10000m, Cape Town RSA, 29:35.12, 9th
ABSA RYC Durban 10k, Durban RSA 28:39, 14th
ABSA Run Your City Joburg 10km, Johannesburg RSA, 29:47, 2nd
Sanlam Cape Town 10km Peace Run, Cape Town RSA, 29:14, 6th
Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:06:02



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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 NR
10,000m	28:06.33	Durban (RSA)	2016 NR
10km	27:52	Durban (RSA)	2022 NR
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 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



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CURRICULUM VITAE: Moses Tarakinyu

PERSONAL DETAILS

FIRST NAME / SURNAME: Moses Tarakinyu
DATE OF BIRTH: 30 March 1995
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe

PERSONAL BEST TIMES

Distance	Time	Venue	Year
5000m	14:26.32	Wuhan (CHN)	2019
10km	29:08	Cape Town (RSA)	2022
Half Marathon	1:01:38	Gqeberha (RSA)	2022

Best Performances 2023

ABSA run your city 10km, 29:13

Best Performances 2022

Kazungula Half Marathon (Bots) 1:04:03
Durban International 10km, 29:10, 3rd
Sanlam Cape Town 10km Peace Run, Cape Town RSA, 29:08, 4th
Totalsports Two Oceans Half Marathon, Cape Town RSA, 1:03:31, 1st
Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:01:38, 11th

Best Performances 2019

JM Busha Triangular Series, White City Stadium, Bulawayo ZIM 14:39.44, 1st
African Games, Complexe Sportif Prince Moulay Abdellah, Rabat MAR 14:46.65
CISM Military World Games, Five Rings Sports Center, Wuhan CHN 14:26.32
CISM Military World Games, Five Rings Sports Center, Wuhan CHN 14:37.40, 12th
African Games, Complexe Sportif Prince Moulay Abdellah, Rabat MAR 1:08:09, 13th



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CURRICULUM VITAE: **Ngonidzashe Ncube**

PERSONAL DETAILS

FIRST NAME / SURNAME: Ngonidzashe Ncube
DATE OF BIRTH: 12 July 1986
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe

PERSONAL BEST TIMES

Distance	Time	Venue	Year
Half Marathon	1:03:43	Gutu (ZIM)	2022
Marathon	2:11:46	Enschede (NED)	2022
50km	2:41:51	Port Elizabeth (RSA)	2023

Best Performances 2023

Nedbank Runified 50km, 2:42:51, 4th

Best Performances 2022

Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:03:43
Enschede Marathon, Enschede NED, 2:11:46, 7th
Generali München Marathon, München GER, 2:15:39, 8th

Best Performances 2021

Xiamen Marathon & Tuscany Camp Global Elite Race, Siena/ITA 2:12:25
Sanlam Cape Town Marathon, Cape Town RSA, 2:12:49, 10th

Best Performances 2020

Soweto Half Marathon & 10km, Soweto 1:08:42, 7th
Petro SA Marathon, Mossel Bay 2:14:15, 1st
IAAF World Championships in Athletics, Corniche, Doha 2:18:42

Best Performances 2019

Gaborone Marathon, Gaborone BOT 2:17:50, 3rd
Cape Town Marathon, Cape Town 2:20:51



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CURRICULUM VITAE: **Wellington Varevi**

PERSONAL DETAILS

FIRST NAME / SURNAME: Wellington Varevi
DATE OF BIRTH: 9 August 1994
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
800m	1:52.39	Bulawayo (ZIM)	2018
1500m	3:48.40	Durban (RSA)	2016
5000m	14:17.45	Cape Town (RSA)	2016
10km	28:07	Gqeberha (RSA)	2023

Best Performances 2023

ABSA run your city 10km, 28:07, 6th

Best Performances 2022

Sanlam Cape Town 10km Peace Run, Cape Town RSA, 29:13, 5th

Best Performances 2021

Zimbabwean Ch.5000m, National Sports Stadium, Harare ZIM 3:57.24, 1st
Zimbabwean Ch.5000m, National Sports Stadium, Harare ZIM 14:54.90, 1st



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CURRICULUM VITAE: **Gadisa Bekele Gutama**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Gadisa Bekele Gutama
DATE OF BIRTH: 12 September 1997
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia

Personal Bests

Event	Result	Venue	Date
Marathon	2:19:27	Soweto (RSA)	2022

Best Performances 2022

Soweto Marathon, 2:19:27, 2nd
Sofi Malt Hawassa Half Marathon, Hawassa ETH, 1:03:43, 10th



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CURRICULUM VITAE: **Abera Mamo Haile**

PERSONAL DETAILS

FIRST NAME / SURNAME: Abera Mamo Haile
DATE OF BIRTH: 17 March 2003
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia
GENDER: Male

PERSONAL BEST

Event	Result	Venue	Date
10km	28:06	Gqeberha	2023
Marathon	2:33:12	Cape Town	2022

Best Performances 2023

ABSA Run your City 10km Gqeberha, 28:06, 5th

Best Performances 2022

Sanlam Cape Town Marathon, Cape Town RSA, 2:33:12, 30th



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CURRICULUM VITAE: **Chaltu Bedo Negashu**

PERSONAL DETAILS

FIRST NAME / SURNAME: Chaltu Bedo Negashu
DATE OF BIRTH: 9 January 1994
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia
EMAIL: thomassw2002@yahoo.com
CONTACT: +251 97 538 1426

PERSONAL BEST

Event	Result	Venue	Date
10km	32:37	Nogent-sur-Marne (FRA)	2016
20km	1:07:05	Paris (FRA)	2016
Half Marathon	1:11:50	Ivry-sur-Seine (FRA)	2015
Marathon 2023	2:30:35	Durban (RSA)	

PERSONAL PERFORMANCES 2023

Durban International Marathon, 2:30:35, 2nd

PERSONAL PERFORMANCES 2022

Soweto Marathon, 2:40:56, 1st

PERSONAL PERFORMANCES 2019

Chongqing International Marathon, Chongqing CHN, 2:38:39, 7th
Guilin Marathon, Guilin CHN, 2:47:19, 3rd



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CURRICULUM VITAE: Genet Abdurkadir Habela

PERSONAL DETAILS

FIRST NAME / SURNAME: Genet Abdurkadir Habela
DATE OF BIRTH: 1997
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia
GENDER: Female

PERSONAL BEST

Event	Result	Venue	Date
3000m	9:31.1h	Assela (ETH)	2015
5km	16:13	Rennes (FRA)	2014
10km	32:53	Marrakesh (MAR)	2014
15km	52:47	Le Puy-en-Velay (FRA)	2015
10miles	56:13	Bern (SUI)	2015
Half Marathon	1:12:57	Port Elizabeth (RSA)	2018
Marathon	2:29:22	Annecy (FRA)	2019



Best Performances 2023

ABSA Run your City 10km Cape Town, 33:13, 5th

Best Performances 2022

Annecy 10km, Annecy FRA, 33:15, 1st

XXIX Azkoitia Azpeitia Diego Garcia Memorial Half Marathon, ESP, 1:14:41, 6th

Asics Firenze Marathon, Firenze ITA, 2:30:46, 5th



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CURRICULUM VITAE: **Selam Fente Gebre**

PERSONAL DETAILS

FIRST NAME / SURNAME: Selam Fente Gebre
DATE OF BIRTH: 28 January 2003
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia
EMAIL: thomassw2002@yahoo.com
CONTACT: [+251 97 538 1426](tel:+251975381426)

PERSONAL BEST

Event	Result	Venue	Date
One Mile	4:58.62	Cape Town (RSA)	2022
5000 Metres	16:55.4h	Hawassa (ETH)	2022
10 Kilometres	32:17	Durban (RSA)	2022
Half Marathon	1:09:40	Gqeberha (RSA)	2022
Marathon	2:30:30	Daegu (KOR)	2023

PERSONAL PERFORMANCES 2023

Publix Atlanta Half Marathon, Atlanta, GA USA, 1:11:12, 3rd
Daegu International Marathon, Daegu KOR, 2:30:30, 7th

PERSONAL PERFORMANCES 2022

Ethiopian Championships 5000m., Hawassa ETH, 16:55, 18th
Under Armour Mile, Green Point Stadium, Cape Town RSA, 4:58.62, 8th
Spar Ladies Grand Prix Series - Gqeberha, Gqeberha RSA, 32:23, 3rd
SPAR Grand Prix Durban, Durban RSA, 32:17, 3rd
SPAR Grand Prix Mbombela, Mbombela RSA, 33:12, 3rd
Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:09:40, 5th
SPAR Grand Prix Tshwane, Tshwane RSA, 33:08, 2nd
SPAR Grand Prix Joburg, Johannesburg RSA, 34:13, 3rd

PERSONAL PERFORMANCES 2021

EDP Rock 'n' Roll Running Marathon Series Madrid, ESP 2:32:43, 3rd



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CURRICULUM VITAE: **Bekelech Teku Wariyo**

PERSONAL DETAILS

FIRST NAME / SURNAME: Bekelech Teku Wariyo
DATE OF BIRTH: 6 July 2003
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia
GENDER: Female

PERSONAL BEST

Event	Result	Venue	Date
5000m	15:58.1h	Hawassa (ETH)	2022
10km	31:36	Gqeberha (RSA)	2023

Best Performances 2023

ABSA Run your City 10km, 31:36, 1st

Best Performances 2022

Ethiopian U20 Championships, 5000m, Assela ETH, 16:06.7h, 3rd
Ethiopian Championships, 5000m, Hawassa ETH 15:58.1h, 8th

Best Performances 2019

Corrida de Langueux, Langueux FRA, 33:59, 10th



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