



OLD MUTUAL OM DIE DAM MARATHON
2017
MALE ATHLETES - CV'S 50KM



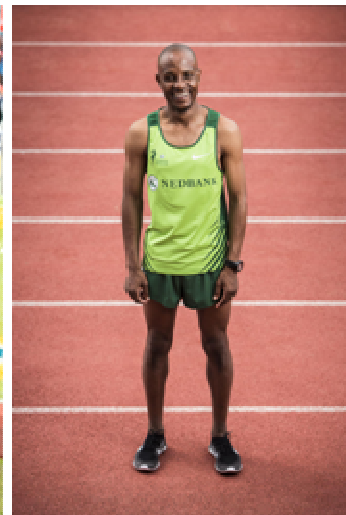
Nedbank Running Club - Administrative Head Office
Tel: (012) 541 0577
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www.nedbankrunningclub.co.za

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NEDBANK

CURRICULUM VITAE: **Ludwick MAMABOLO**



PERSONAL INFORMATION

SURNAME: Mamabolo
FIRST NAMES: Ludwick
COUNTRY: R.S.A
DATE OF BIRTH: 14.04.1977
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Half Marathon 1:07:37
 Marathon 2:20:48
 50 km Road 2:49:55

Comrades Marathon Results

2010 Down, 05:35:29, 2nd
 2011 Up, 05:50:18, 7th
 2012 Down, 05:31:03, 1st
 2013 Up, 05:45:49, 4th
 2014 Down, 05:33:14, 2nd
 2016 Down, 05:24:05

Two Oceans 56km Results

2004, 03:19:44 21st
 2008, 03:18:02 11th
 2009, 03:14:43 7th
 2010, 03:20:52 18th
 2011, 03:16:33 18th
 2012, 03:22:48 25th
 2016, 03:17:52 6th

Annual Bests 2016

Event	Result	Venue
Marathon	2:25:25	Benoni (RSA)
50km	3:01:48	Om die Dam (RSA)

Date
31.01.2016
12.03.2016



CURRICULUM VITAE: Claude Moshiywa



PERSONAL INFORMATION

SURNAME: Moshiywa
FIRST NAMES: Claude
COUNTRY: R.S.A
DATE OF BIRTH: 10-Oct-1974
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

10km: 30 minutes
15km: 48 Minutes
21.1km: 1H06
42.2km: 2H24
56km: 3H11
Comrades: 5H32

Comrades Marathon Results

2005 Down, 05:42:23, 8th
 2006 Up, 05:50:18, 11th
 2007 Down, 05:53:30, 12th
 2008 Up, 06:04:12, 19th
 2009 Down 05:53:22, 16th
 2010 Down, 05:43:04, 6th
 2011 Up, 05:42:06, 3rd
 2012 Down, 05:39:11, 9th
 2013 Up, 05:32:09, 1st
 2015 Up, 05:55:17, 7th
 2016 Down, 05:36:25, 6th

Two Oceans 56km Results

2006, 03:16:29, 13th
 2007, 03:12:03, 4th
 2008, 03:22:42, 18th
 2013, 03:15:36, 14th
 2015, 03:26:40, 19th
 2016, 03:22:20, 15th



CURRICULUM VITAE: Lucas Nonyana



PERSONAL INFORMATION

SURNAME: Nonyana
FIRST NAMES: Lucas
COUNTRY: RSA
DATE OF BIRTH: 2 August 1979
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
Marathon	2:21:56	Durban (RSA)	2009
50 km Road	2:56:19	Hartebeespoort Dam (RSA)	2010

Comrades Marathon

Date		Result	Position
2016	Down	05:46:53	16
2014	Down	05:44:40	12
2010	Down	06:09:31	33
2009	Down	05:39:29	5
2007	Down	05:47:32	9
2006	Up	05:53:59	14

Two Oceans 56km

2016	03:27:28	19
2015	03:25:55	18
2014	03:17:46	13
2013	03:22:06	20
2011	03:16:47	20
2008	03:20:52	16



CURRICULUM VITAE: **Khumbulani Zondo**



PERSONAL INFORMATION

SURNAME: Zondo
FIRST NAMES: Khubulani
COUNTRY: R.S. A
DATE OF BIRTH: 7 December 1976
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

2016

Comrades Marathon - Down Run 89km 6:29:41
 Om Die Dam 50km 3:01:58, 3rd

2015

City2City Ultra Marathon 50km 3:09:30, 7th

2014

Comrades Marathon - Down Run 89km 6:44:16

2013

Comrades Marathon - Up Run 87km 6:41:24

2012

Comrades Marathon - Down Run 89km 6:17:10



CURRICULUM VITAE: Eliya Mogoboya



PERSONAL INFORMATION

SURNAME: Mogoboya
FIRST NAMES: Eliya
COUNTRY: R.S.A
DATE OF BIRTH: 17.06.1984
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
15 km Road	49:41	Boksburg (RSA)	31.10.2010
Half Marathon	1:08:45	Pretoria (RSA)	10.08.2013
Marathon	2:24:30	Lephalale (RSA)	02.08.2014
50 km Road	3:03:55	Assen (NED)	20.08.2011

Best Running Performances

2016	Mayoral Race Polokwane (Iima)	42km	2:28:26	8th
2016	Gert Sibande District Municipality	42km	2:33:36	4th
2015	Om die Dam Ultra Marathon	50km	3:01:40	3rd
2013	City2City Ultra Marathon	50km	2:53:04	1st
2013	Two Oceans Marathon	56km	3:22:54	
2012	City2City Ultra Marathon	50km	2:54:35	5th
2012	Two Oceans Marathon	56km	3:21:55	
2011	City2City Ultra Marathon	50km	3:01:25	10 th



CURRICULUM VITAE: **Fanie Matshipa**

PERSONAL INFORMATION

SURNAME: Mathipa
FIRST NAMES: Fanie
COUNTRY: R.S. A
DATE OF BIRTH: 20 September 1977
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

2016

Comrades Marathon - Down Run 89km 6:09:38
Loskop Ultra Marathon 50km 3:02:31 8th
Om Die Dam 50km 2:59:32 1st

2014

Om Die Dam 50km 3:05:08 8th

2011

Comrades Marathon - Up Run 87km 5:34:30 2nd

2010

Comrades Marathon - Down Run 89km 5:39:53 4th

2006

Comrades Marathon - Up Run 87km 5:58:17

2003

Two Oceans Marathon 56km 3:16:56 8th



CURRICULUM VITAE: Colin Parura



PERSONAL INFORMATION

SURNAME: Colin
FIRST NAMES: Parura
COUNTRY: Zimbabwe
DATE OF BIRTH: 1985/02/05
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
10 km Road	30:58	Pretoria (RSA)	21.01.2012
Half Marathon	1:08:14	Middelburg (RSA)	04.04.2009
25 km Road	1:23:44	Pretoria (RSA)	09.05.2015
Marathon	2:24:29	Victoria Falls (ZIM)	14.07.2013

PERSONAL PERFORMANCES 2016

2 Deloitte Marathon 42km 2:27:22
 4 Loskop Marathon 50km 2:52:39

PERSONAL PERFORMANCES 2015

2 Deloitte Pretoria (agn) 42km 2:24:55

PERSONAL PERFORMANCES 2013

4 City2City 50km 2:55:38



CURRICULUM VITAE: **Leonard Koki**



PERSONAL INFORMATION

SURNAME: Koki
FIRST NAMES: Leonard
COUNTRY: Zimbabwe
DATE OF BIRTH: 2 March 1978
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

2016

Om Die Dam 50km 3:04:45 5th

2015

Om Die Dam 50km 3:17:26 9th

2013

Om Die Dam 50km 2:53:58 2nd

2011

City2City Ultra Marathon 50km 2:57:35 4th

Loskop Ultra Marathon 50km 2:49:15 4th

Om Die Dam 50km 2:55:44 2nd

2008

Om Die Dam 50km 2:54:38 2nd



CURRICULUM VITAE: **Felix Mushurwa**



PERSONAL INFORMATION

SURNAME: Mushurwa
FIRST NAMES: Felix
COUNTRY: Zimbabwe
DATE OF BIRTH: 1977
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
50 km Road	2:55:48	Hartebeespoort Dam (RSA)	20.03.2010

Best Performances

Year	Race	Time	Position
2015	Om Die Dam 50km	3:01:05 h	2
2010	City2City Ultra Marathon	3:06:41 h	7
2010	Om Die Dam 50km	2:55:48 h	3



CURRICULUM VITAE: **Hatiwande Nyamande**



PERSONAL INFORMATION

SURNAME: Nyamande
FIRST NAMES: Hatiwande
COUNTRY: Zimbabwe
DATE OF BIRTH: 1979
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Date	Position	Result	Distance	Event
2015	3rd	5:48:19	87.72 km	Comrades
2008	2nd	2:55:54	50 km	City to City
2007	3rd	3:11:14	56 km	Old Mutual Two Oceans
2005	1st	2:26:36	Marathon	Glenmore Beach RSA
2004	8th	2:52:15	50 km	Loskop



CURRICULUM VITAE: **Marko Mambo**

PERSONAL INFORMATION

SURNAME: Mambo
FIRST NAMES: Marko
COUNTRY: Zimbabwe
DATE OF BIRTH: 1 March 1971
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

2016

Comrades Marathon - Down Run 89km 5:45:05 13th

2012

Comrades Marathon - Down Run 89km 5:33:40 4th
Two Oceans Marathon 56km 3:17:01 16th

2011

City2City Ultra Marathon 50km 3:04:06 15th

2010

Loskop Ultra Marathon 50km 2:53:20 2nd
Two Oceans Marathon 56km 3:19:27

2009

Two Oceans Marathon 56km 3:10:53 2nd

2008

Two Oceans Marathon 56km 3:11:35 1st

2005

Two Oceans Marathon 56km 3:05:40 1st

2004

Two Oceans Marathon 56km 3:07:42 1st





OLD MUTUAL OM DIE DAM MARATHON

2017

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CURRICULUM VITAE: GERDA STEYN



PERSONAL INFORMATION

SURNAME: Steyn
FIRST NAMES: Gerda
COUNTRY: R.S.A
DATE OF BIRTH: 1990/03/03
ID: 9003030103084
CLUB: Nedbank Running Club - GN

PERSONAL BEST PERFORMANCES

Distance	Time	Race	Date
5000 Metres	18:21	Dubai	14 DEC 2015
10 Kilometres	37:37	Dubai	8 JAN 2016
Half Marathon	1:25:51	Newcastle, UK	13 SEPT 2015
Marathon	2:59:54	Nice, France	8 NOV 2015

PERSONAL PERFORMANCES 2015

Dubai Autodrome Race 1, 5km: 18:52
 Dubai Autodrome Race 2, 5km: 18:21
 Abras Mina Race 3, 10km: 38:53
 RAK Half marathon: 01:26:58
 Great North Run, 21.2km: 1:25:51
 Dubai Marathon 42.2km: 3:12:09
 Nice Marathon, 42.2km: 2:59:54
 Comrades Marathon Up 89km: 8:19:08

PERSONAL PERFORMANCES 2016

2nd place - Abras Mina Race 2, 10km: 37:37
 3rd place – Standard Chartered Dubai 10km: 37:43
 1st place – Wadi Bih, 72km trail race: 6:16:05
 Comrades Marathon 89km Down: 7:08:23, 14th



CURRICULUM VITAE: Charne Bosman



PERSONAL INFORMATION

SURNAME: Bosman
FIRST NAMES: Charne
COUNTRY: R.S. A
DATE OF BIRTH: 6 November 1975
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
10 km Road	35:07	Port Elizabeth (RSA)	07.05.2011
15 km Road	54:44	Jeffreys Bay (RSA)	05.01.2013
Half Marathon	1:14:59	Pretoria (RSA)	02.02.2013
Marathon	2:41:56	George (RSA)	05.02.2012
Comrades Marathon	6:25:53	Durban (RSA)	29.05.2016

Best Performances 2016

1st Comrades Marathon 6:25:53
 4th Two Oceans Marathon 56km 3:48:40
 1st Woodlands Dairy 15km 57:28
 1st Johnson Crane Marathon 2:48:52

Other Performances

- 2nd Comrades Marathon 89km in 2015 (6:33:24)
- 5th Two Ocean Marathon 56km in 2015 (3:54:32)
- 2nd Om die Dam 50km in 2014 (3:41:12)
- 5th Comrades Marathon 89km in 2013 (6:53:35)
- 2nd Two Ocean Marathon 56km in 2013 (3:40:19)
- 2nd Bonita City2City 50km 2012 (3h29:32)
- 1st Pick n Pay Marathon 42km in 2012 (2:48:21)
- 2nd Dis-Chem Half Marathon in 2013 (78:16)
- 1st SA Marathon in 2012 (2:41:56)
- 5th SA Half Marathon in 2012 (76:32)

