

Nedbank Runified Breaking Barriers 50 km Ultramarathon

6 March 2022



**BREAKING
BARRIERS**

PRESS CONFERENCE

Alec Riddle - MC

Panelists include:

Michael Mbambani, EPA Sponsor Liaison

Nthabiseng Matshekga, Nedbank Executive Head of Marketing

Charmaine Williams, Director: Sports, Recreation, Arts and Culture, Nelson Mandela Bay

Nick Bester, Race Director

Enoch Skosana, Athletics South Africa: Road Running Chairperson

Media Q&A – All Panelists/Top Contenders

Men - Top Contenders

Ketema Negasa (Ethiopia)

Club: Nedbank Running Club (Ethiopia)

Age: 35

2017 Cape Town Marathon PB: 2:11:07

2021 Nedbank Runified PB and World Record: 2:42:08

Shadrack Kiptoo Kimaiyo (Kenya)

Club: Nedbank Running Club Kenya

Age: 28

2017 Marathon Nairobi PB: 2:12:52

2021 50km Nedbank Runified: 2:42:27

Guillaume Ruel (France)

Club: Nedbank Green Dream Team

Age: 24

2021 Marathon Milano Italy PB: 2:20:52

Edward Mothibi (South Africa)

Club: Nedbank Running Club SA

Age: 37

2021 Cape Town Marathon PB: 2:13:54

2021 50km Nedbank Runified PB: 2:47:02

Melikhaya Frans (South Africa)

Club: Ikhamva AC

Age: 32

2021 Cape Town Marathon PB: 2:11:28

2019 NMB Half Marathon PB: 1:02:17

Jonas Makhele (South Africa)

Club: Nedbank Running Club

Age: 41

2021 Cape Town Marathon PB: 2:21:27

2021 50km Nedbank Runified PB: 2:42:13

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David Gatebe

Club: Impala Running Club

Age: 40

2021 Cape Town Marathon: 2:23:59

2021 NMB Half Marathon PB: 1:07:45

Stephen Mokoka

Club: Boxer

Age: 37

2021 Cape Town Marathon: 2:10:01

2021 NMB Half Marathon: 1:01:24

Women - Top Contenders

Irvette Van Zyl (South Africa)

Club: Nedbank Running Club

Age: 33

2021 Marathon PB: Siena Italy - 2:28:40

2021 50km PB and World Record: Nedbank Runified: 3:04:23

Stella Marais (South Africa)

Club: Nedbank Running Club

Age: 29

2022 Cape Peninsular Marathon PB: 2:38:22

2018 NMB Half Marathon PB: 1:18:48

Ntombesintu Mfunzi (South Africa)

Club: Nedbank Running Club EPA

Age: 41

2018 PB Cape Town Marathon: 2:47:56

2021 Cape Town Marathon: 2:50:46

Amelework Fikadu Bosho (Ethopia)

Club: Nedbank Running Club

Age: 35

2012 Marathon PB: Valencia, Spain: 2:32:39

2011 Half Marathon PB: Boulogne-Billancourt, France: 1:12:35

2017 Marathon PB: Buenos Aires, Argentina: 2:35:32

Full bios/profiles of the athletes on Nedbank website. <https://www.nedbankrunningclub.co.za/>