

**Rufus**

**Date of Birth:** 17/031980

* 3 Comrades Gold medals (2013, 2014 &2016)
* 2019 Comrades Marathon: 13th  - 5:55:09
* 2018 Two Oceans 56km: 13th -3:20
* 2016 Comrades Marathon: 5th – 5:35:40
* 2014 Comrades Marathon: 5th – 5:35:30
* 2013 Comrades Marathon:9th – 5:51:52
* 2011 Kaapse Hoop Marathon: 2:19 (PB)