



## Running Club Male – PROFILES

### Soweto Marathon 2023



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## CURRICULUM VITAE: **Dan Matshailwe Moselakwe**

### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Daniel Moselakwe  
**COUNTRY:** R.S.A  
**CLUB:** Nedbank Running Club  
**D.O.B:** 26 December 1993  
**NATIONALITY:** South African  
**CONTACT:** 071 007 1496

### PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10km	30:37	Northwest (RSA)	2021
Marathon	2:14:06	Cape Town (RSA)	2021
50km	2:43:45	Port Elizabeth (RSA)	2021

### Personal Performances 2023

Two Oceans 56km, 3:10:18, 2<sup>nd</sup>

### Personal Performances 2022

Nedbank Runified 50km, 2:50:58, 8<sup>th</sup>  
Comrades Marathon (Down Run), 5:36:25, 3<sup>rd</sup>  
Durban International Marathon, RSA, 2:17:21, 6<sup>th</sup>

### Personal Performances 2021

Nedbank Runified 50km, 2:43:45, 7<sup>th</sup>  
Cape Town Marathon, 2:14:06, 14<sup>th</sup>  
Northwest Provincial 10km Champs, Tsitsing 30:37, 2<sup>nd</sup>

### Personal Performances 2020

Om die Dam 50km, 3:03:15, 7<sup>th</sup>  
Tuks Bestmed Marathon, 2:33:33, 4<sup>th</sup>

### Personal Performances 2019

Om Die Dam 50km, 2:57:46, 5<sup>th</sup>  
Bela Bela Superspar (lima) 21km 1:10:40, 1<sup>st</sup>  
Tuks Bestmed (agn) 21km 1:11:30, 5<sup>th</sup>



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## CURRICULUM VITAE: Joel Mmone

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Joel Mmone  
**DATE OF BIRTH:** 29 Mar 1991  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South Africa

### PERSONAL BEST

Event	Result	Place	Date
800m	1:54.21	Potchefstroom (RSA)	2010
1500m	3:47.04	Potchefstroom (RSA)	2013
3000m	8:05.45	Potchefstroom (RSA)	2019
5000m	14:02.05	Potchefstroom (RSA)	2016
10000m	28:49.92	Durban (RSA)	2017
10km	28:23	Casablanca (MAR)	2016
12km	34:35	Cape Town (RSA)	2018
15km	46:14	Pretoria (RSA)	2019
Half Marathon	1:01:22	Port Elizabeth (RSA)	2019

### Personal Performances 2023

Nelson Mandela Bay Half Marathon, Gqeberha, 1:01:48, 9<sup>th</sup>  
Run your City 10km Johannesburg, 29:59, 6<sup>th</sup>

### Personal Performances 2021

Durban 10K CITYRUN, Durban RSA, 31:20  
Nelson Mandela Bay Half Marathon, Port Elizabeth RSA, 1:04:56



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## CURRICULUM VITAE: David Manja

### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** David Manja  
**COUNTRY:** R.S. A  
**DATE OF BIRTH:** 1991/06/08  
**CLUB:** Nedbank Running Club



### Personal Bests

<u>Event</u>	<u>Result</u>	<u>Venue</u>	<u>Date</u>
1500m	3:56.79	Potchefstroom (RSA)	2017
3000m	8:10.64	Potchefstroom (RSA)	2017
5000m	14:05.58	Stellenbosch (RSA)	2012
10000m	29:01.01	Durban (RSA)	2017
10km	28:23	Casablanca (MAR)	2016
12km	34:10	Cape Town (RSA)	2017
15km	44:19	Port Elizabeth (RSA)	2021
Half Marathon	1:02:12	Port Elizabeth (RSA)	2021
Marathon	2:13:33	Dublin (IRL)	2018

### PERSONAL PERFORMANCES 2022

Run Your City 10km, Cape Town RSA, 30:58  
RYC Durban 10k, Durban RSA, 29:22  
Run Your City Joburg 10km, Johannesburg RSA, 30:20, 8<sup>th</sup>  
Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:04:14  
Sanlam Cape Town Marathon, Cape Town RSA, 2:20:04



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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
10,000m	28:06.33	Durban (RSA)	2016
10km	27:52	Durban (RSA)	2022
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 2023

Run your City 10km Johannesburg, 29:07, 1<sup>st</sup>  
South African 5km Road Running Championships, Johannesburg, 14:26, 1<sup>st</sup>  
Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:04:33

### Best Performances 2022

Nedbank Running Club Skosana Race, Pretoria 1:05:39, 1<sup>st</sup>  
Two Oceans Half Marathon, 1:04:02, 10<sup>th</sup>  
ABSA Run Your City 10km, Cape Town RSA, 28:24 3<sup>rd</sup>  
ABSA RYC Durban 10km, Durban RSA, 27:52, 2<sup>nd</sup>  
Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:01:01, 1<sup>st</sup>

### Best Performances 2021

KZNA T&F League 5000m, Kings Park Athletics Stadium, Durban 14:16.59, 2<sup>nd</sup>  
KZNA Ch.5000m, Kings Park Athletics Stadium, Durban 14:06.21, 2<sup>nd</sup>  
ASA/KZNA Olympic Qualifier 5000m, Msunduzi Athletics Stadium, Pietermaritzburg 14:06.45, 4<sup>th</sup>  
KZNA 10000m League, Kings Park Athletics Stadium, Durban 30:05.75, 7<sup>th</sup>  
KZNA Ch.10000m, Kings Park Athletics Stadium, Durban 29:13.65, 4<sup>th</sup>



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## CURRICULUM VITAE: **Daba Ifa Debele**

### **PERSONAL INFORMATION**

**FIRST NAMES / SURNAME:** Daba Ifa Debele  
**DATE OF BIRTH:** 13 November 1995  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Ethiopia

### **Personal Bests**

Event	Result	Venue	Date
10km	30:48	Luanda (ANG)	2015
Marathon	2:18:58	Soweto (RSA)	2022

### **Best Performances 2022**

Soweto Marathon, 2:18:58, 1<sup>st</sup>



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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
Half Marathon	1:01:51	Gqeberha	2023
Marathon	2:33:12	Cape Town	2022

### Best Performances 2023

Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:01:51, 10<sup>th</sup>  
ABSA Run your City 10km Gqeberha, 28:06, 5<sup>th</sup>

### Best Performances 2022

Sanlam Cape Town Marathon, Cape Town RSA, 2:33:12, 30<sup>th</sup>



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## SOWETO MARATHON 2023

### Nedbank Running Club Female PROFILES



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## CURRICULUM VITAE: Adele Broodryk

### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Adele Broodryk  
**COUNTRY:** R.S.A.  
**DATE OF BIRTH:** 1990/09/20  
**CLUB:** Nedbank Running Club AGN  
**EMAIL:** [della2001@gmail.com](mailto:della2001@gmail.com)  
**CONTACT:** (082) 647 8035  
**INSTAGRAM:** del\_run  
**FACEBOOK:** Adele Broodryk - runner



### Personal Bests

Event	Result	Venue	Date
10km	34:49	Durban (RSA)	2022
Half Marathon	1:22:16	Port Elizabeth (RSA)	2015
Marathon	2:47:54	Cape Town (RSA)	2021
Two Oceans 56km	3:46:35	Cape Town (RSA)	2022
50km	3:18:30	Port Elizabeth (RSA)	2023
Comrades Marathon	5:56:26	Durban (RSA)	2023

### Bests Performances 2023

Bert's Bricks Half Marathon 1:18:30, 1<sup>st</sup>  
 Nedbank Runified 50km, 3:18:03, 7<sup>th</sup>  
 Om Die Dam 50km, 3:31:10, 1<sup>st</sup>  
 Two Oceans 56km, 3:53:25, 8<sup>th</sup>  
 N12 Ultra Marathon 50km, 3:32:37, 3<sup>rd</sup>  
 Comrades 87km Down run, 5:56:26, 2<sup>nd</sup>

### Bests Performances 2022

Comrades 90km Down run 6:26:35, 3<sup>rd</sup>  
 Om-die-Dam Ultra Marathon 50km 3:23:48, 1<sup>st</sup>  
 N12 Ultra-Marathon 46.5km 3:08:34, 2<sup>nd</sup>  
 Two Oceans Ultra-marathon 56km 3:46:35, 6<sup>th</sup>  
 Motsepe Half-Marathon 1:21:42, 3<sup>rd</sup>  
 Dischem Half-marathon 1:24:07, 3<sup>rd</sup>  
 Spar Grand Prix Series 10km Durban – 34:48, 15<sup>th</sup>  
 Spar Grand Prix Series 10km Nelspruit – 35:06, 9<sup>th</sup>  
 Spar Grand Prix Series 10km Cape Town: 35:11, 10<sup>th</sup>



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## CURRICULUM VITAE: Galaletsang Mekgoe

### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Galaletsang Mekgoe  
**COUNTRY:** South Africa  
**DATE OF BIRTH:** 1995/10/17  
**CLUB:** Nedbank Running Club

### Best Performances 2023

Nedbank Runified 50km 2:33:23, 11<sup>th</sup>  
Comrades Marathon (Down Run), 6:31:19, 11<sup>th</sup>

### Best Performances 2022

Nedbank Runified 50km 2:30:24, 7<sup>th</sup>  
Comrades Marathon (Down Run), 6:42:53, 5<sup>th</sup>  
Soweto Half Marathon, 1:25:42, 3<sup>rd</sup>

### Best Performances 2021

Spar Ladies Pietermaritzburg, 39min  
Spar Ladies Pretoria, 39min  
Spar Ladies Johannesburg, 38min  
Northwest provincial 10km champs, 38mins, 1<sup>st</sup>

### Best Performances 2020

Intercare classic 21km, 1hr 27mins, 2<sup>nd</sup>  
ANWN Provincial champs 10km Tsitsing position, 38mins, 1<sup>st</sup>

### Best Performances 2019

Intercare classic 21km, 1hr28min, 2<sup>nd</sup>  
Irene ultra 21km, 1hr26min, 2<sup>nd</sup>  
FNB City Run Joburg 10km, 38min, 10<sup>th</sup>



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## CURRICULUM VITAE: **Fikile Mbuthuma**

### **PERSONAL INFORMATION**

**FIRST NAMES / SURNAME:** Fikile Mbuthuma  
**DATE OF BIRTH:** 23 December 1980  
**CLUB:** Nedbank Running Club KZN  
**NATIONALITY:** South African

### **Personal Bests**

<b>Event</b>	<b>Result</b>	<b>Venue</b>	<b>Date</b>
Marathon	2:58:02	East London (RSA)	2015
50km	3:42:14	Port Elizabeth (RSA)	2022
100km	7:59:17	WMA, Sveti Martin (CRO)	2018

### **Comrades Marathon Results**

2023 Down, 06:50:19, 19<sup>th</sup>  
2019 Down, 07:24:48, 29<sup>th</sup>  
2018 Down, 06:54:36, 12<sup>th</sup>  
2017 Up, 07:14:34, 14<sup>th</sup>  
2016 Down, 06:52:32, 8<sup>th</sup>  
2015 Up, 07:18:41, 15<sup>th</sup>  
2014 Down, 07:08:26, 12<sup>th</sup>  
2013 Up, 07:38:53, 16<sup>th</sup>

### **Best Performances 2023**

Comrades Marathon 87km, 6:50:19, 19<sup>th</sup>  
Durban International Marathon (RSA) 3:01:54

### **Best Performances 2022**

Nedbank Runified 50km, 3:42:14, 10<sup>th</sup>

### **Best Performances 2019**

IAU 50km WC Brasov (ROU) 50km 3:47:15, 39<sup>th</sup>  
Comrades Marathon - Up Run (RSA) 87km 7:24:48, 29<sup>th</sup>  
Two Oceans Marathon (RSA) 56km 4:32:43, 41<sup>st</sup>



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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](mailto: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	1:09:23	Gqeberha (RSA)	2023
Marathon	2:30:30	Daegu (KOR)	2023

### **PERSONAL PERFORMANCES 2023**

Publix Atlanta Half Marathon, Atlanta, GA USA, 1:11:12, 3<sup>rd</sup>  
Daegu International Marathon, Daegu KOR, 2:30:30, 7<sup>th</sup>  
Atlanta Journal Constitution Peachtree Road Race, Atlanta, USA, 31:54, 9<sup>th</sup>  
Spar Women's Challenge, Tshwane RSA, 33:49, 2<sup>nd</sup>  
Spar Women's Challenge, Durban RSA, 31:37, 2<sup>nd</sup>  
Spar Women's Challenge, Gqeberha RSA, 31:53, 2<sup>nd</sup>  
Spar Women's Challenge, Cape Town RSA, 33:42, 2<sup>nd</sup>  
Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:09:23, 4<sup>th</sup>

### **PERSONAL PERFORMANCES 2022**

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



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## CURRICULUM VITAE: **Tinebebe Nebiyu Ali**

### **PERSONAL INFORMATION**

**FIRST NAMES / SURNAME:** Tinebebe Nebiyu Ali  
**DATE OF BIRTH:** 28 December 2000  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Ethiopia

### **Personal Bests**

<b>Event</b>	<b>Result</b>	<b>Venue</b>	<b>Date</b>
10km	34:03	Addis Abeba (ETH)	2018
50km	3:09:14	Port Elizabeth (RSA)	2023
Marathon	2:44:32	Soweto (RSA)	2022

### **Best Performances 2023**

Nedbank Runified 50km, 3:09:14, 4<sup>th</sup>

### **Best Performances 2022**

Soweto Marathon, 2:44:32, 3<sup>rd</sup>

### **Best Performances 2018**

Addis Abeba Great Ethiopian Run, Addis Abeba ETH, 34:03, 4<sup>th</sup>



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## CURRICULUM VITAE: **Chaltu Bedo Negashu**

### **PERSONAL INFORMATION**

**FIRST NAMES / SURNAME:** Chaltu Bedo Negashu  
**DATE OF BIRTH:** 9 January 1994  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Ethiopia

### **Personal Bests**

Event	Result	Venue	Date
10km	32:37	Nogent-sur-Marne (FRA)	2016
20km	1:07:05	Paris (FRA)	2016
Half Marathon	1:11:25	Gqeberha (RSA)	2023
Marathon	2:30:35	Durban (RSA)	2023

### **Best Performances 2023**

Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:11:25, 10<sup>th</sup>  
Durban International Marathon, Durban RSA, 2:30:35, 2<sup>nd</sup>  
Maybank Marathon, Bali INA, 2:43:26, 5<sup>th</sup>

### **Best Performances 2022**

Soweto Marathon, Soweto RSA, 2:40:56, 1<sup>st</sup>



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## CURRICULUM VITAE: **Worke Degu Amena**

### **PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Worke Degu Amena  
**DATE OF BIRTH:** 1994  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Ethiopia

### **PERSONAL BEST**

<b>Event</b>	<b>Result</b>	<b>Venue</b>	<b>Date</b>
5000m	16:44.02	Jahnstadion, Osterode (GER)	2022
Half Marathon	1:18:03	Hyderabad (IND)	2012
Marathon 2:38:29		Chongqing (CHN)	2017

### **PERSONAL PERFORMANCES 2022**

Internationales Sparkassenmeeting, Jahnstadion, Osterode GER, 16:44.02, 1<sup>st</sup>  
Oelder Sparkassen Citylauf, Oelde GER, 34:39, 7<sup>th</sup>  
Gütersloher DJK Halbmarathon, Gütersloh GER, 1:18:20, 1<sup>st</sup>



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