



Running Club Male – PROFILES

Soweto Marathon 2024



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CURRICULUM VITAE: Onalenna Khonkhobe

PERSONAL DETAILS

FIRST NAME / SURNAME: Onalenna Khonkhobe
DATE OF BIRTH: 29 April 1996
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

Distance	Time	Venue	Year
3000m	8:56.63	Potchefstroom (RSA)	2021
10km	29:42	Preotia (RSA)	2024
Half Marathon	1:03:13	Johannesburg (RSA)	2022
Marathon	2:22:19	Klerksdorp (RSA)	2022
50km	2:39:41	Port Elizabeth (RSA)	2023

Best Performances 2024

Dischem Half Marathon, 1:05:41, 1st
Two Oceans 56km, 3:09:30, 1st
ABSA RYC 10km Tshwane, 29:42

Best Performances 2023

SA Run4Cancer 48km, 2:37:57, 1st
Comrades Marathon - Down Run (RSA) 87km, 5:59:08
Nedbank Runified 50km, 2:39:41, 2nd

Best Performances 2022

Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:03:13
Race to Equality, Johannesburg, 1:10:04, 8th
Klerksdorp Marathon, 2:22:19, 1st
Two Oceans 56km, 3:12:57, 6th

Best Performances 2021

ACNW Open T&F Meeting, McArthur Stadium, Potchefstroom 8:56.63, 6th
ACNW Open T&F Meeting, McArthur Stadium, Potchefstroom 9:07.55, 4th
Nelson Mandela Bay Half Marathon, Port Elizabeth 1:06:46



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CURRICULUM VITAE: **Tete Morena Dijana**

PERSONAL DETAILS

FIRST NAME / SURNAME: Tete Dijana
DATE OF BIRTH: 1988
CLUB: Nedbank Running Club
NATIONALITY: South African



PERSONAL BEST TIMES

Distance	Time	Venue	Year
5000 Metres	14:48.23	Durban (RSA)	2011
Half Marathon	1:05:46	Port Elizabeth (RSA)	2021
50km	2:39:04	Port Elizabeth (RSA)	2023
Marathon	2:13:24	Cape Town (RSA)	2023
Comrades	5:13:58	Durban (RSA)	2023

Best Performances 2023

Nedbank Runified, 50km, 2:39:04, 1st
 Comrades Marathon (Down Run), 5:13:58, 1st
 Phobians 15km, 50:34, 3rd
 Brooklyn 32km, 1:54:23, 4th
 Cape Town Marathon, 2:13:24, 10th

Best Performances 2022

ACNW Open T&F Meeting 5000m, Potchefstroom, 15:01.60, 3rd
 Nedbank Runified 50km 2:44:09, 2nd
 Comrades Marathon (Down Run) 5:30:35, 1st

Best Performances 2021

Nelson Mandela Bay Half Marathon, Port Elizabeth RSA, 1:05:46

Best Performances 2019

Comrades Marathon (Up Run) 6:25:03



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CURRICULUM VITAE: EDWARD MOTHIBI

PERSONAL DETAILS

FIRST NAME / SURNAME: Edward Mothibi
DATE OF BIRTH: 10 November 1984
CLUB: Nedbank Running Club
NATIONALITY: South African



PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
21km	1:04	P.E RSA	2010
Marathon	2:13:54	Cape Town RSA	2021
50km	2:45:26	P.E RSA	2022
Comrades	5:17:34	Durban RSA	2023
Two Oceans 56km	3:22	Cape Town RSA	2017

Best Performances 2023

Nedbank Runified 50km 2:50:26, 13th
Comrades Marathon (Down Run), 5:17:34, 3rd
Phobians 15km, 50:33, 2nd
Brooklyn 32km, 1:51:29, 3rd
Sanlam Cape Town Marathon, 2:14:23

Best Performances 2022

Nedbank Runified 50km 2:45:26, 3rd
Comrades Marathon (Down Run), 5:33:46, 2nd

Best Performances 2021

Nedbank Runified 50km 2:47:02, 10th
Cape Town Marathon, 2:13:54, 13th

Best Performances 2020

Nedbank Runified 50km 2:47:02, 10th
Intercare Classic (agn) 21km 1:07:41, 2nd
Cape Town Marathon (Potch Race) 2:16:48, 1st

Best Performances 2019

Intercare Classic 21km 01:09:31, 2nd
Om die Dam 50km, 3:05:53
Comrades Marathon, 5:31:33, 1st



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CURRICULUM VITAE: **Dan Moselakwe Matshailwe**

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 2024

Comrades Marathon 86km (Up Run), 2nd

Personal Performances 2023

Two Oceans 56km, 3:10:18, 2nd
Soweto Marathon, 2:24:29

Personal Performances 2022

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

Personal Performances 2021

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

Personal Performances 2020

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



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CURRICULUM VITAE: Lucky Mohale

PERSONAL DETAILS

FIRST NAME / SURNAME: Lucky Mohale
DATE OF BIRTH: 21 August 1985
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

<u>Distance</u>	<u>Year</u>	<u>Venue</u>	<u>Time</u>
Half Marathon	Cape Town (RSA)	2012	1:01:08
Marathon	Casablanca (MAR)	2010	2:13:35
10km	Paarl (RSA)	2010	28:31
15km	Pretoria (RSA)	2015	44:56
25km	Pretoria (RSA)	2013	1:18:45

Best Performances 2024

ABSA RYC 10km Tshwane, 29:39, 7th
Foskor Half Marathon, 1:04:29, 1st

Best Performances 2023

Cape Twn Marathon, 2:17:14, 18th

Best Performances 2022

ABSA RYC Durban 10k, Durban, 29:17
Nelson Mandela Bay Half Marathon, Gqeberha, 1:03:43



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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, 1st
 South African 5km Road Running Championships, Johannesburg, 14:26, 1st
 Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:04:33

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



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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

World Athletics Profile Link:

<https://worldathletics.org/athletes/ethiopia/daba-debele-14735702>

Best Performances 2023

2023 Soweto Marathon, 2:19:57, 2nd

Best Performances 2022

Soweto Marathon, 2:18:58, 1st



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SOWETO MARATHON 2024

Nedbank Running Club Female PROFILES



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CURRICULUM VITAE: Slindile Chili

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Slindile Chili
COUNTRY: South Africa
DATE OF BIRTH: 1994/07/03
CLUB: Nedbank Running Club

Personal Best Performances

Discipline	Performance	Venue	Date
10,000m	38:44.21	Stellenbosch (RSA)	2015
10km	37:05	Durban (RSA)	2014
Half Marathon	1:22:28	Mount Edgecombe (RSA)	2014
Marathon	2:57:21	Mossel Bay (RSA)	2019

Best Performances 2024

Runified 50k, 3:32:13, 2nd

Best Performances 2023

Brooklyn Road Race Half Marathon, 1:30:10, 7th
 SA Run 4 Cancer 48km Ultra Marathon, 3:26:01, 3rd

Best Performances 2022

Durban City Marathon, Durban, RSA, 3:00:56, 1st

Best Performances 2021

KZNA 10000m League, Durban, RSA, 39:53.34, 4th
 KZNA Ch., Durban, RSA, 39:41.52, 4th
 Prince Mangosuthu Ultra Marathon, 4:08:46, 4th



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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
EMAIL: mekgoegalaletsang95@gmail.com
CONTACT: 065 552 7849



Best Performances 2024

Runified 50km, 3:35:56, 6th

Best Performances 2023

Nedbank Runified 50km 3:33:23, 11th
Comrades Marathon (Down Run), 6:31:19, 11th

Best Performances 2022

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

Best Performances 2021

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

Best Performances 2020

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



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CURRICULUM VITAE: Tadu Teshome Nare

PERSONAL DETAILS

FIRST NAME / SURNAME: Tadu Teshome Nare
DATE OF BIRTH: 9 June 2001
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia

PERSONAL BEST

Event	Result	Venue	Date
800m	2:06.36	Assela (ETH)	2017
1500m	4:13.71	Stellenbosch (RSA)	2021
One Mile	4:45.28	Cape Town (RSA)	2022
10,000m	32:50.9h	Hawassa (ETH)	2022
10km	31:13	Durban (RSA)	2024
Half Marathon	1:06:13	København (DEN)	2022
Marathon	2:17:36	Valencia (ESP)	2022

World Athletics Profile Link:

<https://worldathletics.org/athletes/ethiopia/tadu-teshome-14817199>

PERSONAL PERFORMANCES 2024

Mandela Bay Half Marathon, 1:12:01, 1st
Spar Grand Prix 10km, 31:13, 1st

PERSONAL PERFORMANCES 2023

Atlanta Journal Constitution Peachtree Road Race 10km, Atlanta, GA USA, 31:52, 8th
Spar Women's Challenge 10km, Tshwane RSA, 32:56, 1st
TCS London Marathon, London GBR, 2:21:31, 8th
Bank of America Chicago Marathon, Chicago, IL USA, 2:20:04, 5th
Shanghai Marathon, Shanghai CHN, 2:25:05, 6th

PERSONAL PERFORMANCES 2022

Under Armour Mile, Green Point Stadium, Cape Town, 4:45.28, 3rd
Ethiopian Championships, Hawassa ETH, 32:50, 10th
Spar Ladies Grand Prix Series - Gqeberha, Gqeberha, 32:11, 2nd
SPAR Grand Prix Durban, Durban, 31:50, 1st
SPAR Grand Prix Mbombela, Mbombela, 32:43, 1st
SPAR Grand Prix Tshwane, Tshwane, 32:44, 1st
SPAR Grand Prix Joburg, Johannesburg, 33:33, 1st
Nelson Mandela Bay Half Marathon, Gqeberha, 1:07:55, 3rd
Copenhagen Half Marathon, København DEN, 1:06:13, 1st
Riyadh Marathon, Riyadh KSA, 2:26:38, 1st



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CURRICULUM VITAE: **Rebecca Nakuwa**

PERSONAL DETAILS

FIRST NAME / SURNAME: Rebecca Nakuwa
DATE OF BIRTH: 1 January 1985
CLUB: Nedbank Running Club
NATIONALITY: Kenya
GENDER: Female

PERSONAL BEST

Event	Venue	Result	Date
10km	Turkana	36:24,1	2019
Marathon	Thailand	2:46:11	2017
Half Marathon	Serengeti	1:16:18	2017
50km trail run	Singapore	3:48:12	2016
54km trail run	Hong Kong	4:18:11	2017

Best Performances 2024

Mbombela 42km, 3:34:14, 2nd
Pirates 21kms, 1:27:31, 6th
Prince Mongosuthu marathon 52km, 4:07:12, 7th
Gerald Fox Memorial 21kms, 1:29:12

Best Performances 2023

University of Botswana marathon 42km, 2:58:11, 3rd
Orange Phikwe marathon Botswana, 3:06:00, 6th
Mount Kilimanjaro 42km, 3:32:48, 5th

Best Performances 2022

NBC Tanzania marathon 42kms, 3:17:12, 11th



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