



**Soweto Marathon
2025
Nedbank Running Club Male – PROFILES**





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

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
3000m	8:56.63	Potchefstroom (RSA)	2021
10km	29:42	Preotia (RSA)	2024
Half Marathon	1:03:13	Johannesburg (RSA)	2022
Marathon	2:18:36	Soweto (RSA)	2025
50km	2:39:41	Port Elizabeth (RSA)	2023

Best Performances 2025

Pirates Half Marathon, 1:08:45, 4th
 Biogen Half Marathon, 1:08:59
 ABSA Run Your City Tshwane 10km, 30:23, 16th
 F21 Half Marathon, Phalaborwa, 1:04:17, 4th
 City2City 50km 2:52:01, 1st

Best Performances 2024

Dischem Half Marathon, 1:05:41, 1st
 Two Oceans 56km, 3:09:30, 1st
 ABSA RYC 10km Tshwane, 29:42
 ABSA RYC 10km JHB, 30:47
 Soweto Marathon, 2:18:36, 1st

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





CURRICULUM VITAE: **George Kusche**

PERSONAL DETAILS

NAME & SURNAME: George Kusche
DATE OF BIRTH: 6 August 1998
CLUB: Nedbank Running Club
GENDER: Male
NATIONALITY: South African

Personal Best Times

Event	Result	Venue	Date
Mile	3:57.74	Geneva (USA)	2021
5000m	13:28.95	Boston (USA)	2021
Marathon	2:20:12	Cape Town (RSA)	2024
Comrades	5:41:23	Durban (RSA)	2025

Best Performances 2025

Biogen Half Marathon, 1:08:00
 Comrades Marathon, 5:41:23, 12th

Best Performances 2024

Cape Town Marathon, 2:20:12
 ABSA RYC 10km Port Elizabeth, 28:56
 Nelson Mandela Bay Half Marathon, 1:04:53





CURRICULUM VITAE: **Ngonidzashe Ncube**

PERSONAL DETAILS

FIRST NAME / SURNAME: Ngonidzashe Ncube
DATE OF BIRTH: 12 July 1986
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe

PERSONAL BEST TIMES

Distance	Time	Venue	Year
Half Marathon	1:03:43	Gutu (ZIM)	2022
Marathon	2:11:46	Enschede (NED)	2022
50km	2:41:51	Port Elizabeth (RSA)	2023

Best Performances 2025

Kazungula Marathon, 2:20:03, 3rd

Best Performances 2023

Nedbank Runified 50km, 2:42:51, 4th
 World Athletics Championships Marathon, Budapest 2:17:02
 Nelson Mandela Bay Half Marathon, Gqeberha, 1:03:44

Best Performances 2022

Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:03:43
 Enschede Marathon, Enschede NED, 2:11:46, 7th
 Generali München Marathon, München GER, 2:15:39, 8th

Best Performances 2021

Xiamen Marathon & Tuscany Camp Global Elite Race, Siena/ITA 2:12:25
 Sanlam Cape Town Marathon, Cape Town RSA, 2:12:49, 10th

Best Performances 2020

Soweto Half Marathon & 10km, Soweto 1:08:42, 7th
 Petro SA Marathon, Mossel Bay 2:14:15, 1st
 IAAF World Championships in Athletics, Corniche, Doha 2:18:42

Best Performances 2019

Gaborone Marathon, Gaborone BOT 2:17:50, 3rd
 Cape Town Marathon, Cape Town 2:20:51





CURRICULUM VITAE: **Prosper Mutwira**

PERSONAL DETAILS

FIRST NAME / SURNAME: Prosper Mutwira
DATE OF BIRTH: 23 January 1996
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe

PERSONAL BEST TIMES

<u>Distance</u>	<u>Year</u>	<u>Venue</u>	<u>Time</u>
Marathon	2022	Gaborone (BOT)	2:18:43

Best Performances 2025

Old Mutual Harare Marathon, 2:21:05

Best Performances 2024

Prince Mangosuthu Ultra Marathon (RSA) 52km, 3:06:15, 7th
 Two Oceans Marathon (RSA) 56km, 3:19:22, 17th

Best Performances 2023

Prince Mangosuthu Ultra Marathon (RSA) 52km, 3:01:28, 6th

Best Performances 2022

Two Oceans Marathon (RSA) 56km, 3:26:59
 Diacore Gaborone Marathon, 2:18:43, 4th





CURRICULUM VITAE: Lyno Muchena

PERSONAL DETAILS

FIRST NAME / SURNAME: Lyno Muchena
DATE OF BIRTH: 2 January 1988
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe

PERSONAL BEST TIMES

Distance	Time	Venue	Year
Half Marathon	1:07:33	Polokwane (RSA)	2007
Marathon	2:24:12	Kazungula (BOT)	2023

Best Performances 2025

Old Mutual Harare Marathon, 2:26:52,

Best Performances 2024

Two Oceans 56km, 3:14:41, 10th
 Comrades Marathon, 5:57:16

Bests Performance 2023

FNB Kazungula Bridge Marathon, Kazungula BOT, 2:24:12, 4th
 SA Run4Cancer 48km, 2:42:55

Bests Performance 2022

Two Oceans Marathon (RSA) 56km, 3:26:06





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 2024

Soweto Marathon, 2:25:36

Best Performances 2023

Soweto Marathon, 2:19:57, 2nd

Best Performances 2022

Soweto Marathon, 2:18:58, 1st





CURRICULUM VITAE: **Degefa Yohannese Lafebo**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Degefa Yohannese Lafebo
DATE OF BIRTH: 2 October 1993
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia

Personal Bests

Event	Result	Venue	Date
Half Marathon	1:04:37	Bengaluru (IND)	2017
Marathon	2:16:54	San Sebastián (ESP)	2021
Two Oceans	3:12:47	Cape Town (RSA)	2024
Comrades	5:27:48	Durban (RSA)	2024

World Athletics Profile Link:

<https://worldathletics.org/athletes/ethiopia/yohannes-degefa-14782788>

Best Performances 2024

Two Oceans 56km, 3:12:47, 7th
Comrades Marathon Up run 86km, 5:27:48. 3rd

Best Performances 2023

Two Oceans 56km, 3:12:49, 6th





CURRICULUM VITAE: **Moses Tarakinyu**

PERSONAL DETAILS

FIRST NAME / SURNAME: Moses Tarakinyu
DATE OF BIRTH: 30 March 1995
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe

PERSONAL BEST TIMES

Distance	Time	Venue	Year
5000m	14:26.32	Wuhan (CHN)	2019
10km	29:08	Cape Town (RSA)	2022
Half Marathon	1:01:38	Gqeberha (RSA)	2022
Marathon	2:13:11	Cape Town (RSA)	2024

Best Performances 2024

Sanlam Cape Town Marathon, Cape Town, 2:13:11, 9th
 NMB Half Marathon, Pollock Beach, Gqeberha, 1:05:51
 Kazungula Bridge Half Marathon, Kazungula, 1:03:41, 1st

Best Performances 2023

ABSA run your city 10km, 29:13

Best Performances 2022

Kazungula Half Marathon (Bots) 1:04:03
 Durban International 10km, 29:10, 3rd
 Sanlam Cape Town 10km Peace Run, Cape Town RSA, 29:08, 4th
 Totalsports Two Oceans Half Marathon, Cape Town RSA, 1:03:31, 1st
 Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:01:38, 11th

Best Performances 2019

JM Busha Triangular Series, White City Stadium, Bulawayo ZIM 14:39.44, 1st
 African Games, Complexe Sportif Prince Moulay Abdellah, Rabat MAR 14:46.65
 CISM Military World Games, Five Rings Sports Center, Wuhan CHN 14:26.32
 CISM Military World Games, Five Rings Sports Center, Wuhan CHN 14:37.40, 12th
 African Games, Complexe Sportif Prince Moulay Abdellah, Rabat MAR 1:08:09, 13th





**Soweto Marathon
2025
Nedbank Running Club Female – PROFILES**



NEDBANK RUNNING CLUB



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 2024

Runified 50km, 3:35:56, 6th
Vaal River City Marathon, 2:58:31
Soweto Marathon :3:00:52, 8th

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





CURRICULUM VITAE: Worke Degu Amena

PERSONAL DETAILS

FIRST NAME / SURNAME: Worke Degu Amena
DATE OF BIRTH: 18 January 1994
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia

PERSONAL BEST

Event	Result	Venue	Date
5000m	16:44.02	Osterode (GER)	2022
Half Marathon	1:18:03	Hyderabad (IND)	2012
Marathon	2:38:10	Durban (RSA)	2024

PERSONAL PERFORMANCES 2025

Two Oceans Marathon (RSA) 56km, 3:51:57, 7th

PERSONAL PERFORMANCES 2024

Durban International Marathon, 2:38:10, 3rd

PERSONAL PERFORMANCES 2022

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

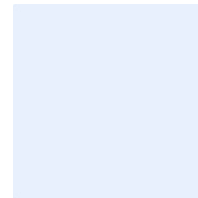




CURRICULUM VITAE: **Lelse Birhanu Bero**

PERSONAL DETAILS

FIRST NAME / SURNAME: Lelse Birhanu Bero
DATE OF BIRTH: 1998
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia



PERSONAL PERFORMANCES 2025

Durban International Marathon, Durban RSA, 2:38:21, 4th





CURRICULUM VITAE: **Genet Adeke Agteu**

PERSONAL DETAILS

FIRST NAME / SURNAME: Genet Adeke Agteu
DATE OF BIRTH:
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia

PERSONAL BEST

Event	Result	Date	Venue
10km	34:00	2009	Brunssum (NED)
Half Marathon	1:15:58	2011	Goyang (KOR)
Marathon	2:53:27	2020	Khon Kaen (THA)
20km	1:47:06	2011	Bruxelles (BEL)

