



# Soweto Marathon Men 2019 PROFILES

A Member of the  **OLDMUTUAL** Group



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## CURRICULUM VITAE: Obed Kopong



### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Obed Kopong  
**COUNTRY:** R.S.A  
**CLUB:** Nedbank Running Club AGN  
**D.O.B:** 30 June 1988  
**NATIONALITY:** South African  
**CONTACT / TWITTER:** 062 714 0487

### PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
5000 Metres	14:48.14	Stellenbosch (RSA)	2015
3000 Metres Steeplechase	9:38.55	Stellenbosch (RSA)	2015
Half Marathon	1:06:16	Port Elizabeth (RSA)	2018
Marathon	2:22:37	Gaborone (BOT)	2018

#### Personal Performances 2019

Om die Dam 50km 2:56:09, 2nd  
Petro SA Marathon, Mossel Bay 2:24:25, 11th

#### Personal Performances 2018

Port Elizabeth Half Marathon, Port Elizabeth 1:06:16  
Gaborone Marathon, Gaborone 2:22:37, 7th

#### Personal Performances 2017

5000m Potchefstroom 15:06.59, 3rd  
5000m Potchefstroom 14:51.58, 2<sup>nd</sup>

#### Personal Performances 2015

5000m Stellenbosch 14:48.14, 12th  
3000m Steeplechase Stellenbosch 9:38.55, 9<sup>th</sup>



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## CURRICULUM VITAE: Joseph Manyedi



### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Joseph Manyedi  
**COUNTRY:** R.S.A  
**DATE OF BIRTH:** 24 November 1982  
**CLUB:** Nedbank Running Club AGN  
**EMAIL / CONTACT / TWITTER:** 079 848 3788

### PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
Half Marathon	1:06:25	Phalaborwa (RSA)	2019
50 km	2:55:37	Om die Dam (RSA)	2019

### Comrades Marathon Results

2018	Down	06:43:04
2017	Up	06:59:49
2016	Down	06:44:56
2015	Up	07:14:40
2019	Up	05:44:34

### Bests Performance 2019

Om die Dam 50km 2:55:37, 1<sup>st</sup>  
 Tuks Bestmed (agn) 21km 1:09:23, 2<sup>nd</sup>  
 Johnson Crane Hire Marathon (cga) 2:23:47, 1<sup>st</sup>  
 Comrades Marathon Up Run, 5:44:34, 5<sup>th</sup>  
 Phalaborwa Foskor 21km, 1:06:25, 2<sup>nd</sup>  
 IAU 50km World Championship 2:51:46, 11<sup>th</sup>



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## CURRICULUM VITAE: **Thobani Chagwe**



### **PERSONAL INFORMATION**

**NAMES / SURNAME:** Thobani Chagwe  
**COUNTRY:** South Africa  
**CLUB:** Nedbank Running Club  
**CONTACT:** 063 149 6260

### **PERSONAL PERFORMANCES 2019**

Maritzburg 10km 30min, 2nd  
 Harry Gwala marathon position 42km 2:19, 1st  
 Nongoma ultra-Marathon position 56km 3:37, 4th

### **PERSONAL PERFORMANCES 2018**

2 Mathew's Meyiwa 21.1km  
 2 Durban City Marathon 10km 32:20  
 2 Umgeni Water Marathon 2:35:12

### **PERSONAL PERFORMANCES 2017**

1 Umtshezi/Wembezi 10km Challenge 30:57

### **PERSONAL PERFORMANCES 2014**

1 Mandela Day Marathon 2:27:12 (Record Holder)



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## CURRICULUM VITAE: **Juan van Deventer**



### **PERSONAL DETAILS**

**FIRST NAME / SURNAME:**

Juan van Deventer

**DATE OF BIRTH:**

26 March 1983

**CLUB:**

Nedbank Running Club AGN

**NATIONALITY:**

South African

**EMAIL / CONTACT / TWITTER:**

[vandeventer.juan@gmail.com](mailto:vandeventer.juan@gmail.com) / 083 251 1730 / @juanvandeventer

### **PERSONAL BEST TIMES**

<b>Distance</b>	<b>Time</b>	<b>Venue</b>	<b>Year</b>
800 Metres	1:47.44	Potchefstroom (RSA)	31 JAN 2003
1000 Metres	2:19.38	Roodeport (RSA)	28 MAR 2003
1500 Metres	3:34.30	New York, NY (USA)	30 MAY 2009
One Mile	3:51.31	Oslo (NOR)	06 JUN 2008
3000 Metres	7:41.06	Stockholm (SWE)	22 JUL 2008
5000 Metres	13:22.64	Stockholm (SWE)	06 AUG 2010
10,000 Metres	28:55.37	Stellenbosch (RSA)	03 APR 2009
10 Kilometres	29:02	Durban (RSA)	08 FEB 2009
15 Kilometres	45:21	Germiston (RSA)	07 APR 2013
Half Marathon	1:06:08	Cape Town (RSA)	30 MAR 2013

### **Best Performances 2019**

Johnson Crane Hire Marathon 2:26:33, 3rd  
 Jacaranda City Challenge (agn) 10km 31:01, 2nd  
 Irene Spring (agn) 21km 1:08:37, 2nd  
 Clicks Smu (agn) 10km 31:33, 1st  
 Zwartkop (agn) 21km 1:12:26, 3rd  
 Cape Gate Vaal Marathon 30:48, 3rd  
 Dis-Chem Half Marathon 1:10:25, 5th



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## CURRICULUM VITAE: **Mholi Jali**



### **PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Mholi Jali  
**DATE OF BIRTH:** 28 December 1993  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South African  
**EMAIL / CONTACT / TWITTER:** [hleziphincaviyana@gmail.com](mailto:hleziphincaviyana@gmail.com)

### **Best Performances 2019**

Zakhele 10km 30min, 5th  
 Zululand munic 10km 30min  
 The Deloitte challenge 1h9m, 5th  
 Check out half mar 1h7m, 1st  
 Chatsworth half mar 1h12m, 1st  
 Harry Gwala mar 2h21m, 4th  
 Durban city Mar 2h22m36, 3rd  
 Mpondoland mara 2h23  
 Dorothy Myembe Mar 2h33m, 2nd  
 Mandela marathon 2h34m  
 Mangosuthu ultra 3h07m, 3rd  
 SAPS Stories 1h06m, 1st  
 Ndongeni heritage 15km 47m51, 2nd  
 SAPS striders 1h6m47, 1st



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## CURRICULUM VITAE: **Moeketsi MOSUHLI**



### **PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Moeketsi Mosuhli  
**DATE OF BIRTH:** 05 August 1981  
**CLUB:** Nedbank Running Club Lesotho  
**NATIONALITY:** Lesotho  
**EMAIL / CONTACT / TWITTER:** 078 832 9870

### **PERSONAL BEST TIMES**

<b><u>Distance</u></b>	<b><u>Time</u></b>	<b><u>Venue</u></b>	<b><u>Year</u></b>
1500 Metres	3:47.36	Melbourne (AUS)	24 MAR 2006
3000 Metres	8:26.65	Réduit (MRI)	18 APR 2004
10 Kilometres	28:57	Durban (RSA)	08 FEB 2009
20 Kilometres	1:03:00	George (RSA)	14 OCT 2006
Half Marathon	1:03:41	Phalaborwa (RSA)	25 JUL 2009
Marathon	2:14:03	Durban (RSA)	10 FEB 2008

### **Two Oceans 56km Performances**

2010	03:07:29	2 <sup>nd</sup>
2011	03:09:42	4 <sup>th</sup>
2012	03:13:05	11 <sup>th</sup>
2013	03:10:22	3 <sup>rd</sup>
2015	03:13:45	3 <sup>rd</sup>
2016	03:35:26	34 <sup>th</sup>
2017	03:17:30	11 <sup>th</sup>
2018	03:14:53	8 <sup>th</sup>



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## CURRICULUM VITAE: **Lebenya NKOKA**



### **PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Lebenya Nkoka  
**DATE OF BIRTH:** 23 November 1986  
**CLUB:** Nedbank Running Club Lesotho  
**NATIONALITY:** Lesotho  
**EMAIL / CONTACT / TWITTER:** [lebenyankoka@gmail.com](mailto:lebenyankoka@gmail.com) / 078 832 9870

### **PERSONAL BEST TIMES**

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 Kilometres	29:44	Roodeport (RSA)	01 OCT 2006
20 Kilometres	1:02:51	George (RSA)	14 OCT 2006
Half Marathon	1:02:33	Port Elizabeth (RSA)	28 JUL 2018
Marathon	2:12:20	Bloemfontein (RSA)	16 APR 2016

### **Two Oceans 56km Performances**

2010	03:27:02	30th
2011	03:25:00	29th
2012	03:14:42	12th
2013	03:13:18	9th
2014	03:09:52	1st
2018	03:10:32	2nd

### **Best Marathon Performances**

2019	2:28:46	Mandela Day (RSA)
2018	2:20:31	Soweto (RSA)
2017	2:19:02	Daegu (KOR)
2016	2:12:20	Bloemfontein (RSA)
2015	2:16:10	Cape Town (RSA)
2013	2:18:44	Johannesburg (RSA)
2012	2:22:57	Soweto (RSA)
2011	2:19:34	Soweto (RSA)
2010	2:19:44	Soweto (RSA)
2009	2:18:45	Johannesburg (RSA)
2008	2:15:10	Cape Town (RSA)
2007	2:16:27	Port Elizabeth (RSA)
2006	2:19:40	Melbourne (AUS)



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### Athlete Profile

**Name** Melly Kennedy Kiptoo

**Gender** Male

**Date of Birth** 31 December 1981

**Nationality** Kenya

**Results:** **Winner Ethkweni Marathon Durban 2016,2015**

**Petro SA Marathon, 5<sup>th</sup> and 4<sup>th</sup>**

**All in Africa 56km 1<sup>st</sup> – 3H08**

**Vaal Marathon 2018 – 1<sup>st</sup>**

**Mandela Marathon 2016 3<sup>rd</sup> and 2017 4<sup>th</sup>**



**Comments:** Melly has been coming to South Africa since 2012 to race and apply his trade. He has learned how to run in South Africa and has adapted to the conditions very well. Notching up wins at some incredibly tough events such as Ethkweni Township to Township Marathon twice.

Qualified last year for 2 Oceans with a 2H18 at Kilimanjaro Marathon where he was 7<sup>th</sup> position and finished two oceans in 4<sup>th</sup> which is one better than 2017 where he was 5<sup>th</sup>. Melly was the fastest qualifier on the start line of the 2018 event. Having 2 top 10 finishes in the 56km race Melly has been able to adjust his programme to have an all out effort at the top podium position in 2019. An extremely disciplined athlete who is hungry for success at the Ultra Distance.

Melly lives in Kapsabet but does the majority of his training in Ngong.

**Contact:** Craig Fry Management  
[Craigfry276@gmail.com](mailto:Craigfry276@gmail.com)  
 +27 74 737 2729  
 IAAF Authorised Athlete Representative



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## Athlete Profile

<b>Name</b>	Justin Chesire Kemboi
<b>Gender</b>	Male
<b>Nationality</b>	Kenya
<b>Results:</b>	<b>2018 Two Oceans Winner</b> <b>2018 4<sup>th</sup> Mandela Marathon</b> <b>2018 5<sup>th</sup> Soweto Marathon</b>

**Comments:** Before the 2018 Two Oceans Marathon Justin had not competed outside of Kenya as well as not competed to assess his own ability as an athlete. For the past 5 years he has been responsible for being the main pace man for some of the biggest names in Ladies Marathon running on the World stage. Coming into the 56km event in 2018 he was an unknown quantity as well as had very little or no experience at running at the front end of the field of the men's race. Training methods in 2018 were very simple, 2 long runs of 50km and 48km 6 weeks out and then pretty much the standard Kenya Marathon programme. Speed work sessions of around 17km once or at times twice a week.

Justin returned to Mandela marathon which he found tough going and finished in 4<sup>th</sup> albeit a very strong finish as he left his charge very late in the race.

Justin is in the mould of a Stephen Muzhingi where he does not over think the race he simply gets out there and does the job. Since winning the 2018 edition of 2 Oceans he has had time to discuss training methods with the coach and has adjusted some sessions in order to assist him to go faster in 2019.

**Contact:** Craig Fry Management  
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 IAAF Authorised Athlete Representative



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## CURRICULUM VITAE: **David Barmasi Tumo**



### **PERSONAL DETAILS**

**FIRST NAME / SURNAME:** David Barmasi Tumo  
**DATE OF BIRTH:** 1 January 1989  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Kenya  
**EMAIL / CONTACT / TWITTER:** [craigfry276@gmail.com](mailto:craigfry276@gmail.com) / 074 737 2729

### **PERSONAL BEST TIMES**

<b><u>Distance</u></b>	<b><u>Time</u></b>	<b><u>Venue</u></b>	<b><u>Year</u></b>
10 Kilometres	28:53	Appingedam (NED)	2011
15 Kilometres	45:14	Nijmegen (NED)	2011
Marathon	2:07:18	Dubai (UAE)	2011

### **Personal Performances 2016**

See Genezareth Tiberias Marathon, See Genezareth (ISR) 2:23:52, 4th  
 San Sebastián Marathon, San Sebastián (ESP) 2:15:02, 2nd

### **Personal Performances 2014**

Hong Kong Standard Chartered Marathon, Hong Kong 2:16:55  
 Mossel Bay PetroSA Marathon, Mossel Bay 2:14:52, 1st



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## CURRICULUM VITAE: **Ramolefi Motsieloa**

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Ramolefi Motsieloa  
**DATE OF BIRTH:** 20 January 1990  
**CLUB:** Nedbank Running Club Lesotho  
**NATIONALITY:** Lesotho  
**EMAIL / CONTACT / TWITTER:** 078 832 9870

### PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
5000 Metres	13:56.65	Port Elizabeth (RSA)	2010
10,000 Metres	30:17.82	New Delhi (IND)	2010
Half Marathon	1:04:29	Port Elizabeth (RSA)	2018
Marathon	2:17:12	Hampden Park, Glasgow (GBR)	2014

### Best Performances 2019

Two Oceans Half Marathon, Cape Town 1:08:12

### Best Performances 2018

Port Elizabeth Half Marathon, Port Elizabeth 1:04:29  
 Gold Coast Commonwealth Games, Gold Coast (AUS) 2:30:16, 13th

## CURRICULUM VITAE: **Gemechis Girma Ashine**

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Gemechis Girma Ashine  
**DATE OF BIRTH:** 8 Mar 1993  
**CLUB:** Nedbank Running Club Ethiopia  
**NATIONALITY:** Ethiopia  
**EMAIL / CONTACT:** [thomassw2002@yahoo.com](mailto:thomassw2002@yahoo.com) / 061 677 2018

### PERSONAL BEST TIMES

<u>Event</u>	<u>Result</u>	<u>Venue</u>	<u>Date</u>
Marathon	02:17:07	GAC Chuanqi Yichang International Marathon	2018

## CURRICULUM VITAE: **Debeko Dakamo Dasa**

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Debeko Dakamo Dasa  
**DATE OF BIRTH:** 28 Mar 1999  
**CLUB:** Nedbank Running Club Ethiopia  
**NATIONALITY:** Ethiopia  
**EMAIL / CONTACT:** [thomassw2002@yahoo.com](mailto:thomassw2002@yahoo.com) / 061 677 2018

### PERSONAL BEST TIMES

<u>Event</u>	<u>Result</u>	<u>Venue</u>	<u>Date</u>
Half Marathon	1:03:54	Zhoushan Islands half Marathon	2019



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## CURRICULUM VITAE: **Wubshet Demisse Jote**

### **PERSONAL DETAILS**

<b>FIRST NAME / SURNAME:</b>	Wubshet Demisse Jote
<b>DATE OF BIRTH:</b>	19 December 1992
<b>CLUB:</b>	Nedbank Running Club Ethiopia
<b>NATIONALITY:</b>	Ethiopia
<b>EMAIL / CONTACT:</b>	<a href="mailto:thomassw2002@yahoo.com">thomassw2002@yahoo.com</a> / 061 677 2018

### **PERSONAL BEST TIMES**

Event	Result	Venue
Half Marathon	1:05:20	Bishoftu half marathon addis abab ethiopia



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## Soweto Marathon Women 2019 PROFILES



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## CURRICULUM VITAE: IRVETTE VAN ZYL



### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Irvette van Zyl  
**COUNTRY:** South Africa  
**DATE OF BIRTH:** 1987/07/05  
**CLUB:** Nedbank Running Club  
**EMAIL / CONTACT / TWITTER:** [irvievanblerk@gmail.com](mailto:irvievanblerk@gmail.com) / 083 396 4208 / @irv87

### PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
10 km Road	32:06	Durban (RSA)	2018
Half Marathon	1:11:00	Port Elizabeth (RSA)	2016
Half Marathon	1:10:56	New York (USA)	2011
Marathon	2:31:26	London (GBR)	2013
Two Oceans 21km	1:12:06	Cape Town (RSA)	2011

### PERSONAL BEST PERFORMANCES 2019

Dischem 21km 1:14:51, 1st  
 Deloitte Pretoria Marathon (agn) 42km 02:44:27, 1<sup>st</sup>  
 Two Oceans 56km 03:41:31, 3rd  
 Spar Ladies PE 33:38, 5<sup>th</sup>  
 FNB Cape Town 12km ONERUN 39:22, 6<sup>th</sup>  
 Spar Ladies CT 33:43, 7<sup>th</sup>  
 Spar Ladies Durban 33:43, 3<sup>rd</sup>

### PERSONAL BEST PERFORMANCES 2018

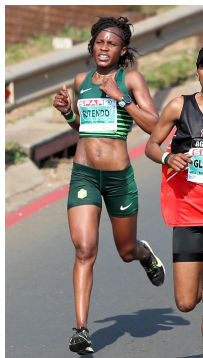
Soweto Marathon 02:33:43, 1st  
 Pietermaritzburg Spar Grand Prix Series 34:26, 1st  
 Cape Town 10 km 32:48, 1st  
 Johannesburg 10 km 33:52, 1st  
 Johannesburg SPAR Grand Prix Series 34:07, 1st  
 Durban 10 km 32:06, 3<sup>rd</sup>



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## CURRICULUM VITAE: Rutendo Nyahora



### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Rutendo Nyahora  
**DATE OF BIRTH:** 11/11/1988  
**CLUB:** Nedbank Running Club Zimbabwe  
**NATIONALITY:** Zimbabwe  
**CONTACT / EMAIL / TWITTER:** 071 085 0396 / [rutendonyahora@gmail.com](mailto:rutendonyahora@gmail.com) / @tendonyahora

### PERSONAL BEST

Event	Result	Venue	Date
10 km Road	32:55	Cape Town (RSA)	2012
15 km Road	53:41	Pretoria (RSA)	2015
Half Marathon	1:14:56	Zwolle (NED)	2012
Marathon	2:34:49	Wien (AUT)	2019
Two Oceans 21km	1:15:44	Cape Town (RSA)	2015

### PERSONAL PERFORMANCES 2019

Wien Marathon (AUT) 2:34:49, 7<sup>th</sup>  
 Deloitte Pretoria (agn) 10km 35:31, 1<sup>st</sup>  
 Intercare Classic (agn) 21km 1:19:52, 1<sup>st</sup>  
 Two Oceans 21km 1:17:50, 5<sup>th</sup>  
 Spar Ladies PE 34:49  
 PetroSA 21km 1:14:29, 1<sup>st</sup>  
 Spar Ladies Durban 34:44  
 Spar Ladies Pretoria 34:40

### PERSONAL PERFORMANCES 2018

Durban Spar Grand Prix Series 34:07, 5<sup>th</sup>  
 Pretoria Spar Grand Prix Series 34:24, 2<sup>nd</sup>  
 Pietermaritzburg Spar Grand Prix Series 34:56, 3<sup>rd</sup>  
 Cape Town 10 km 33:54, 2<sup>nd</sup>  
 1 Cape Town Gun Run 10 km 34:01



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## CURRICULUM VITAE: **Selam Abere Alebachew**



### **PERSONAL DETAILS**

**FIRST NAME / SURNAME:**

Selam Abere Alebachew

**DATE OF BIRTH:**

18 January 1989

**CLUB:**

Nedbank Running Club Ethiopia

**NATIONALITY:**

Ethiopia

**EMAIL / CONTACT:**

[thomassw2002@yahoo.com](mailto:thomassw2002@yahoo.com) / +251 97 538 1426

### **PERSONAL BEST TIMES**

Event	Result	Venue	Date
10km	32:21	Bristol	05 MAY 2013
Half Marathon	1:12:16	Vitry-sur-Seine	21 APR 2013
Marathon	2:36:08	Marrakech	26 JAN 2014

### **Best Performances**

Event	Result	Position	Date
Mandela Day Marathon	2:54:25	2 <sup>nd</sup>	2019
SA Half Marathon (PE)	1:15:58	12 <sup>th</sup>	2018
Mandela Day Marathon	2:53:22	2 <sup>nd</sup>	2018
Two Oceans	3:59:24	9 <sup>th</sup>	2018
Soweto Marathon	2:46:33	3 <sup>rd</sup>	2017
Mandela Day Marathon	2:49:02	2 <sup>nd</sup>	2017
Mandela Day Marathon	2:52:28	1 <sup>st</sup>	2016
Mandela Day Marathon	2:51:47	1 <sup>st</sup>	2015
Marathon	2:36:08		2014
Half Marathon	1:12:16		2013
Hero's Marathon winner		1 <sup>st</sup>	2013



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## CURRICULUM VITAE: Gete Mindaye Tilahun



### PERSONAL DETAILS

**FIRST NAME / SURNAME:**

Gete Mindaye Tilahun

**DATE OF BIRTH:**

26 July 1998

**CLUB:**

Nedbank Running Club Ethiopia

**NATIONALITY:**

Ethiopia

**EMAIL / CONTACT:**

[thomassw2002@yahoo.com](mailto:thomassw2002@yahoo.com) / 061 677 2018

### PERSONAL BEST TIMES

Event	Result	Venue	Date
Marathon	2:28:32	Cape Town	2019



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## CURRICULUM VITAE: **Isabella Jepchumba**

### **PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Isabella Jepchumba  
**DATE OF BIRTH:** 5 August 1980  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Kenya  
**EMAIL / CONTACT:** [benonmomanyi3@gmail.com](mailto:benonmomanyi3@gmail.com)

### **PERSONAL BEST TIMES**

Event	Result	Venue	Date
10 Kilometres	37:10	Johannesburg (RSA)	2014
Half Marathon	1:17:40	Richards Bay (RSA)	2012
Marathon	2:41:22	Mossel Bay (RSA)	2012

### **Best Performances**

Event	Result	Position	Date
Moshi Kilimanjaro Marathon, Moshi	2:59:01	9 <sup>th</sup>	2018
Kigali International Peace Marathon, Kigali	3:01:52	6 <sup>th</sup>	2015
Mossel Bay PetroSA Marathon, Mossel Bay	2:57:11	6 <sup>th</sup>	2014
Soweto Marathon, Soweto	2:51:32	2 <sup>nd</sup>	2014



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