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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 2025**

TrackN4 Elands Marathon, 2:18:18, 1st

**Best Performances 2024**

Comrades Marathon (Up Run), 5:42:15, 14th

Soweto Marathon, 2:22:32, 9th

**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