



CURRICULUM VITAE: Thabang Mosiako

PERSONAL DETAILS

NAME & SURNAME: Thabang Mosiako
DATE OF BIRTH: 23 February 1995
CLUB: Nedbank Running Club
GENDER: Male
NATIONALITY: South African

Personal Best Times

Event	Result	Venue	Date
800m	1:55.40	Potchefstroom (RSA)	2016
1500m	3:50.44	Potchefstroom (RSA)	2019
3000m	8:05.83	Potchefstroom (RSA)	2018
5000m	13:58.64	Cape Town (RSA)	2022
10000m	29:00.38	Durban (RSA)	2017
10km	27:45	Lille (FRA)	2023
12km	34:38	Cape Town (RSA)	2018
15km	45:11	Port Elizabeth (RSA)	2021
Half Marathon	59:52	Riga (LAT)	2023



Best Performances 2023

Urban Trail de Lille 10km, FRA, 27:45, 6th
 Nelson Mandela Bay Half Marathon, RSA, 1:00:29, 1st
 World Athletics Road Running Championships, LAT, 59:52, 6th
 NMBM Kariega Human Race Half Marathon, 1:03:36, 1st
 ABSA run your city 10km, 27:52, 3rd

Best Performances 2022

ACNW Ch., 5000m, Potchefstroom RSA, 14:22.02, 1st
 South African Championships, 5000m, Cape Town RSA, 13:58.64, 5th
 ABSA Run Your City 10km, Cape Town RSA, 28:43, 9th
 ABSA RYC Durban 10k, Durban RSA, 28:26, 9th
 ABSA Run Your City Joburg 10km, Johannesburg RSA, 31:14, 12th
 10km de Figuig, Figuig MAR, 29:28, 3rd
 Totalsports Two Oceans Half Marathon, Cape Town RSA, 1:03:58, 7th
 Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:03:36
 Semi Marathon International de la Ville de Béjaia, Béjaïa ALG, 1:03:51, 1st



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