

CURRICULUM VITAE: Thabang Mosiako

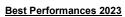
PERSONAL DETAILS NAME & SURNAME: Thabang Mosiako DATE OF BIRTH: 23 February 1995 CLUB: Nedbank Running Club

GENDER: Male

NATIONALITY: South African

Personal Best Times

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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



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



