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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 44:23 Le Puy-en-Velay (FRA) 2024

Half Marathon 59:52 Riga (LAT) 2023

Marathon 2:09:14 Abu Dhabi (UAE) 2024

**Best Performances 2024**

Absa Run Your City Gqeberha 10km, Gqeberha RSA, 28:30, 4th

du Puy en Velay 15 Km, Le Puy-en-Velay FRA, 44:23, 3rd

EDP Lisbon Half Marathon, Lisboa - Elite Event POR, 1:01:42, 6th

Two Oceans Half Marathon, 1:04:40, 1st

ADNOC Abu Dhabi Marathon, Abu Dhabi, 2:09:14, 8th

Absa Run Your City Tshwane 10km, 29:50, 10th

Absa Run Your City Durban 10km, 27:54, 3rd

**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