



## Thirsti AfricanX Trailrun 1-Day Xperience 2021

### NEDBANK RUNNING CLUB ATHLETES



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

### PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 Kilometres	29:02	Durban (RSA)	2009
15 Kilometres	45:21	Germiston (RSA)	2013
Half Marathon	1:06:08	Cape Town (RSA)	2013
Marathon	2:26:34	Johannesburg	2019
50km	2:52:55	Harbeespoort	2020

### Best Performances 2021

AfricanX 3 day stage trail run, 1<sup>st</sup>  
Nedbank Runified 50km, 2:51:54

### Best Performances 2020

Om die Dam 50km 2:52:55, 1<sup>st</sup>  
Dis-Chem Half Marathon 1:08:54, 3<sup>rd</sup>

### Best Performances 2019

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

### Achievements

Olympian – 1500m



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## CURRICULUM VITAE: Eric Ngubane

### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Eric Ngubane  
**COUNTRY:** R.S.A  
**CLUB:** Nedbank Running Club  
**D.O.B:** 1 January 1982  
**NATIONALITY:** South African  
**CONTACT / TWITTER:** 073 099 3894 / @NgubaneEric

### Personal Performances 2021

AfricanX 3 day stage trail run, 1<sup>st</sup>  
Drakensburg 40km trail, 1<sup>st</sup>  
KZN XCountry 8km, 26.31, 2<sup>nd</sup>  
KZN ingeli trail run 40km, 3:39, 1<sup>st</sup>  
KZN XCountry 8km, 27:07, 1<sup>st</sup>

### Personal Performances 2019

The Icon's Journey 100km 8:03:21, 2<sup>nd</sup>  
Karkloof 50 Mile Endurance Foot Race (RSA) 6:58:13, 1<sup>st</sup>

### Personal Performances 2018

Hibiscus Coast Challenge 48km 2:59:23, 4<sup>th</sup>  
Lesotho Ultra Trail (LES) 50km 5:38:02, 1<sup>st</sup>

### Trail Running

2012 Three Cranes 100km stage race, 1<sup>st</sup>  
2013 Three Cranes 100km stage race, 1<sup>st</sup>  
2014 Three Cranes 100km Stage race, 1<sup>st</sup>  
2014 Ultra Trail Cape Town 100km, Time: 10:41:15, 1<sup>st</sup>  
2015 Mount Moodie Ultra Trail 80km, Time: 9:19:43, 2<sup>nd</sup>  
2015 Two Oceans Trail Run 22km, Time: 1:52:40, 2<sup>nd</sup>  
2016 Two Oceans Trail Run 22km, Time: 1:53:06, 1<sup>st</sup>  
2017 Golden Gate Trail Run 3-day Stage race 1st (New Record)  
2018 Lesotho Ultra Trail (LES) 50km 5:38:02, 1<sup>st</sup>  
2019 Karkloof 100 - 50 Mile Endurance Foot Race (RSA) 6:58:13, 1<sup>st</sup>



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## CURRICULUM VITAE: Collin Kanyimo

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Collin Kanyimo  
**DATE OF BIRTH:** 5 February 1985  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Zimbabwe  
**CONTACT:** [076 360 5833](tel:0763605833)  
**EMAIL:** [pauld.vdw@gmail.com](mailto:pauld.vdw@gmail.com)

### PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
10 km Road	30:58	Pretoria (RSA)	2012
Half Marathon	1:08:14	Middelburg (RSA)	2009
25 km Road	1:23:44	Pretoria (RSA)	2015
Marathon	2:24:29	Victoria Falls (ZIM)	2013
50km	2:52:39	Middelburg (RSA)	2016

### PERSONAL PERFORMANCES 2019

Loskop Ultra Marathon 50km (RSA) 2:54:30 4th

### PERSONAL PERFORMANCES 2018

Loskop Ultra Marathon 50km (RSA) 2:54:50, 2<sup>nd</sup>  
Om Die Dam 50km (RSA) 3:00:41, 2<sup>nd</sup>

### PERSONAL PERFORMANCES 2016

2<sup>nd</sup> Deloitte Marathon 42km 2:27:22  
4<sup>th</sup> Loskop Marathon 50km 2:52:39

### PERSONAL PERFORMANCES 2015

2<sup>nd</sup> Deloitte Pretoria (agn) 42km 2:24:55

### PERSONAL PERFORMANCES 2013

4<sup>th</sup> City2City 50km 2:55:38



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## CURRICULUM VITAE: ANEL TERBLANCHE

### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Anel Terblanche  
**COUNTRY:** South Africa  
**DATE OF BIRTH:** 1987/02/26  
**CLUB:** Nedbank Running Club  
**EMAIL:** [amoelich@gmail.com](mailto:amoelich@gmail.com)  
**CONTACT:** 083 357 1349



### PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
800m	2:15.84	Cape Town (RSA)	2018
1500m	4:30.82	Stellenbosch (RSA)	2016
One Mile	5:11.13	Cape Town (RSA)	2015
3000m	9:56.34	Cape Town (RSA)	2017
5000m	17:32.04	Cape Town (RSA)	2017
10,000m	36:35.52	Parow (RSA)	2021
10km	35:53	Elsie's River (RSA)	2015
12km	44:54 *	Cape Town (RSA)	2016
15km	55:22	Eersterivier (RSA)	2018
Half Marathon	1:19:26	Port Elizabeth (RSA)	2018

### Best Performances 2021

WPA Track & Field Championship League Series Meeting 2, 5000m, Athletic Track, Parow, 17:53.57, 1<sup>st</sup>  
WPA Track & Field Championship League Series Meeting 3, 10000m, Athletic Track, Parow, 36:35.52, 1<sup>st</sup>  
South African Ch.10000m, Bestmed Tuks Stadium, Pretoria, 37:39.57, 9<sup>th</sup>

### Best Performances 2018

Parow WPA League, 1500m, Parow, 4:40.90, 1<sup>st</sup>  
Cape Town 10km, Cape Town, 35:57, 1<sup>st</sup>  
Cape Town Old Mutual 10km, Cape Town, 36:26, 1<sup>st</sup>  
Bellville Spar Grand Prix Series 10km, Bellville, 36:20, 10<sup>th</sup>  
Port Elizabeth Spar Grand Prix Series 10km, Port Elizabeth, 36:04  
Durban Spar Grand Prix Series 10km, Durban, 37:03  
Cape Town 12km, Cape Town, 45:17  
Eersterivier Avbob 15km, Eersterivier, 55:22, 1<sup>st</sup>  
Port Elizabeth Half Marathon, Port Elizabeth, 1:19:26



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## CURRICULUM VITAE: CHRIZELL ROBERTS

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Chrizell Roberts  
**DATE OF BIRTH:** 20 May 1987  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South African  
**EMAIL:** [christina.e.roberts@gmail.com](mailto:christina.e.roberts@gmail.com)  
**INSTAGRAM:** @chrizellroberts  
**TWITTER:** @chrizell\_e

### PERSONAL BEST TIMES

Distance	Time
10 km Road	38:18
Half Marathon	1:22:27
Marathon	2:50:21
48 km Road	3:50:28

### Best Performances 2021

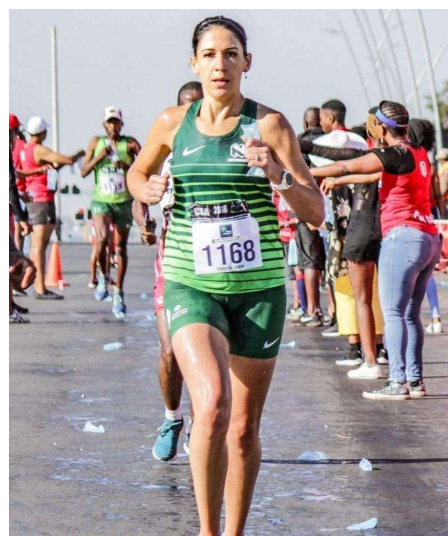
Nedbank Runified 50km 3:32:55, 15<sup>th</sup>  
Nelson Mandela Bay Half Marathon, Port Elizabeth, 1:22:27

### Best Performances 2020

Uniwisp Marathon 2:50:51, 1<sup>st</sup>  
Dis-Chem Half Marathon 1:25:28, 1<sup>st</sup>

### Best Performances 2019

Glencore 15km 1<sup>st</sup>  
Goldi Marathon 3:33:09, 2<sup>nd</sup>  
Township Marathon 3:29:45, 2<sup>nd</sup>  
Potato Pride Half Marathon 1:34:14, 1<sup>st</sup>  
Robor Ultra Marathon 50km 2<sup>nd</sup>  
Clearwater Mall 10km 3<sup>rd</sup>  
Maximed Night Race 10km 1<sup>st</sup>  
Fat Cats 10 km 3<sup>rd</sup>  
Sasol Night Race 10km 41:49, 1<sup>st</sup>  
Skosana Road Race 10km 2<sup>nd</sup>



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