



TWO OCEANS MARATHON 2020 MALE ATHLETES - CV'S 56KM



Nedbank Running Club - Administrative Head Office
Tel: (012) 541 0577
Fax: (012) 541 3752
www.nedbankrunningclub.co.za



CURRICULUM VITAE: Lungile Gongqa



PERSONAL DETAILS

FIRST NAME / SURNAME: Lungile Gongqa
DATE OF BIRTH: 22 February 1979
CLUB: Nedbank Running Club
NATIONALITY: South African
EMAIL / CONTACT / TWITTER: ivysogiba01@gmail.com / 073 720 1255 / @lungile_gongqa

PERSONAL BEST PERFORMANCES

Distance	Time	Area	Date
10 km Road	29:09	Mdantsane (RSA)	2013
12 km Road	35:39	Cape Town (RSA)	2015
15 km Road	45:20	Cape Town (RSA)	2013
Half Marathon	1:03:57	Port Elizabeth (RSA)	2016
Marathon	2:11:59	Cape Town (RSA)	2015
56km	3:09:38	Cape Town (RSA)	2017

Best Performances 2019

Top Form 10km, Cape Town 30:54, 1st
 Nelson Mandela Bay Half Marathon, Port Elizabeth 1:05:55
 Peninsula Marathon, Simon's Town 2:27:23, 2nd
 56km Two Oceans (wp) 3:18:53, 8th
 IAU 50km World Championships, 2:48:26, 2nd

Best Performances 2018

Marathon Cape Peninsula (wp) 02:21:58, 1st
 21km Sasolburg (fs) 01:11:51, 5th
 21km East London 01:06:03
 56km Two Oceans (wp) 3:22:54, 19th
 Cape Town Marathon 02:21:42

Best Performances 2017

10km Rondebosch (RSA) 30:46
 12km Cape Town (RSA) 36:55
 21km Port Elizabeth (RSA) 1:05:05
 Marathon Mumbai (IND) 2:18:52
 56km Two Oceans Cape Town (RSA) 3:09:38, 1st



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CURRICULUM VITAE: MTHANDAZO QHINA



PERSONAL DETAILS

FIRST NAME / SURNAME: Mthandazo Qhina
DATE OF BIRTH: 25 September 1977
CLUB: Nedbank Running Club CT (WP)
NATIONALITY: South African
CONTACT / TWITTER: 0722978068 / @Qhinarunner
FACEBOOK: MTHANDAZO QHINA(TAYLOR)

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 km Road	29:53	Cape Town (RSA)	2017
15 km Road	45:27	Eerstrivier (RSA)	2015
Half Marathon	1:05	Mosselbay (RSA)	2017
Marathon	2:17:11	Cape Town (RSA)	2012
Marathon	2:17:43	Cape Town (RSA)	2015
Two Oceans 56km	3:10:02	Cape Town (RSA)	2013

Best Performances 2020

Cape Peninsula Half Marathon, Cape Town 1:10:49, 9th

Best Performances 2019

Medihelp Tekkie Challenge 10km Cape Town 31:41, 3rd
 Avbob Eersterivier 15km Eersterivier 47:35, 1st
 Nelson Mandela Bay Half Marathon Port Elizabeth 1:07:57
 Two Oceans Marathon (RSA) 56km 3:17:29, 6th
 Peninsula Marathon Simon's Town 2:30:44, 3rd
 Sanlam Cape Town Marathon Cape Town 2:23:57

Best Performances 2018

Nantes 10km 30:44
 Hohenort 15km 48:11
 SA Half Marathon Champs (PE) 1:07:00
 Cape Town Marathon (SA Champs) 2:20:32

Best Performances 2017

Mosselbay Bay 21.1km 1:05
 Dublin Marathon 2:25



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CURRICULUM VITAE: Lindikhaya Mthangayi



PERSONAL DETAILS

FIRST NAME / SURNAME: Lindikhaya Mthangayi
DATE OF BIRTH: 4 June 1979
CLUB: Nedbank Running Club WPA
NATIONALITY: South African
EMAIL / CONTACT: 083 743 1996

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
1500 Metres	3:47.42	Bellville (RSA)	2002
5000 Metres	13:41.96	Durban (RSA)	2002
10,000 Metres	29:20.30	Stellenbosch (RSA)	2005
10 Kilometres	28:24	Stellenbosch (RSA)	2009
15 Kilometres	45:43	Cape Town (RSA)	2004
Half Marathon	1:01:32	Port Elizabeth (RSA)	2009
Marathon	2:20:46	Durban (RSA)	2009
Two Oceans 56km	3:21:30	Cape Town (RSA)	2019
Comrades	6:33:11	Pietermaritzburg (RSA)	2018

Best Performances 2020

Cape Peninsula Marathon, Cape Town 2:18:02, 1st

Best Performances 2019

Peninsula Marathon, Simon's Town (RSA) 2:27:01, 1st
 Two Oceans 56km 3:21:30, 13th
 OUTsurance Gun Run Half-Marathon & 10K, Cape Town 1:04:56, 4th
 NMBM Legacy Project Human Rights 30K, Uitenhage 1:35:01, 2nd
 Sanlam Cape Town Marathon, Cape Town 2:18:06, 19th

Best Performances 2018

Cape Town Marathon 2:21:17
 Two Oceans 56km 3:28:06



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CURRICULUM VITAE: Amos Mkhusele Nyongo



PERSONAL DETAILS

FIRST NAME / SURNAME: Amos Mkhusele Nyongo
DATE OF BIRTH: 7 May 1986
CLUB: Nedbank Running Club
NATIONALITY: South African
EMAIL / CONTACT: amosnyongo@gmail.com / 063 219 0562

PERSONAL BEST TIMES

Distance	Time	Place	Date
10km	29:43	Port Elizabeth (RSA)	2016
12km	36:57	Cape Town (RSA)	2019
15km	45:48	Port Elizabeth (RSA)	2017
Half Marathon	1:06:17	Port Elizabeth (RSA)	2018
Marathon	2:18:24	Mossel Bay (RSA)	2019

Best Performances 2019

Sanlam 10km Peace Run, Cape Town 30:11
 FNB Cape Town 12 ONERUN, Cape Town 36:57
 Melkbos 15km Road Race, Cape Town 46:09, 1st
 Nelson Mandela Bay Half Marathon, Port Elizabeth 1:08:47
 Petro SA Marathon, Mossel Bay 2:18:24, 5th

Best Performances 2018

PetroSA Mossel Bay Marathon 5th 2:18:23
 Gugulethu 10km 2nd 29:51
 Sundowner 10km 2nd 29:55
 FNB12 One run 36:57



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CURRICULUM VITAE: **John April**



PERSONAL INFORMATION

FIRST NAMES / SURNAME: John April
COUNTRY: R.S.A
DATE OF BIRTH: 2 March 1989
CLUB: Nedbank Running Club SWD
CONTACT / EMAIL / TWITTER: 0738779329

PERSONAL BEST PERFORMANCES

DISCIPLINE	PERFORMANCE	PLACE	DATE
56km	3:38:40	Two Oceans (RSA)	2018

PERSONAL PERFORMANCES 2019

Outeniqua (swd) 21km 1:09:57, 1st
 Cango (swd) 21km 1:08:37, 4th
 Beaufort West Kanniedood (swd) 21km 1:07:28, 1st
 27 For Freedom (wp) 27km 1:35:29, 3rd
 Bay To Bay (wp) 30km 1:46:54, 11th

PERSONAL PERFORMANCES 2018

Meiringspoort Live Life (swd) 21km 1:09:11, 3rd
 Sanlam Cape Town (wp) 42km 2:28:41
 Run With The Stars (swd) 10km 32:07, 2nd
 Schoemanshoek (swd) 21km 1:12:45, 2nd
 Old Mutual Two Oceans (wp) 56km 3:38:40

PERSONAL PERFORMANCES 2017

Sanlam Cape Town Marathon (wp) 42km 2:30:16
 George Herald Run With Stars (swd) 10km 32:19, 2nd
 Outeniqua (swd) 21km 1:14:40, 3rd
 Old Mutual Two Oceans Ultra (wp) 56km 3:49:17
 Two Lagoons (swd) 30km 1:59:11, 3rd
 Cango (swd) 42km 2:29:13, 1st



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CURRICULUM VITAE: Loyds Bosman



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Loyds Bosman
COUNTRY: R.S.A
DATE OF BIRTH: 25 February 1988
CLUB: Nedbank Running Club SWD
CONTACT / EMAIL / TWITTER: 060 470 1387

PERSONAL BEST PERFORMANCES

DISCIPLINE	PERFORMANCE	PLACE	DATE
10km	29:11	Knysna (RSA)	2012
15km	46:47	Cape Town (RSA)	2013
Half Marathon	1:03:42	Port Elizabeth (RSA)	2018
Marathon	2:29:00	Knysna (RSA)	2014
Marathon	2:22:55 *	Oudtshoorn (RSA)	2013

PERSONAL PERFORMANCES 2020

Cape Peninsula Half Marathon, Cape Town 1:05:25, 3rd

PERSONAL PERFORMANCES 2019

Outeniqua (swd) 21km 1:09:57, 1st
 Cango (swd) 21km 1:08:37, 4th
 Beaufort West Kanniedood (swd) 21km 1:07:28, 1st
 27 For Freedom (wp) 27km 1:35:29, 3rd
 Bay To Bay (wp) 30km 1:46:54, 11th

PERSONAL PERFORMANCES 2018

Meiringspoort Live Life (swd) 21km 1:09:11, 3rd
 Sanlam Cape Town (wp) 42km 2:28:41
 Run With The Stars (swd) 10km 32:07, 2nd
 Schoemanshoek (swd) 21km 1:12:45, 2nd
 Old Mutual Two Oceans (wp) 56km 3:38:40



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CURRICULUM VITAE: **Lebenya NKOKA**



PERSONAL DETAILS

FIRST NAME / SURNAME:

Lebenya Nkoka

DATE OF BIRTH:

23 November 1986

CLUB:

Nedbank Running Club Lesotho

NATIONALITY:

Lesotho

EMAIL / CONTACT / TWITTER:

lebenyankoka@gmail.com / 078 832 9870

PERSONAL BEST TIMES

Distance	Time	Venue	Year
10 Kilometres	29:44	Roodeport (RSA)	01 OCT 2006
20 Kilometres	1:02:51	George (RSA)	14 OCT 2006
Half Marathon	1:02:33	Port Elizabeth (RSA)	28 JUL 2018
Marathon	2:12:20	Bloemfontein (RSA)	16 APR 2016

Two Oceans 56km Performances

2019	03:24:28	16th
2018	03:10:32	2nd
2014	03:09:52	1st
2013	03:13:18	9th
2012	03:14:42	12th
2011	03:25:00	29th
2010	03:27:02	30th

Best Marathon Performances

2019	2:28:46	Mandela Day (RSA)
2018	2:20:31	Soweto (RSA)
2017	2:19:02	Daegu (KOR)
2016	2:12:20	Bloemfontein (RSA)
2015	2:16:10	Cape Town (RSA)
2013	2:18:44	Johannesburg (RSA)
2012	2:22:57	Soweto (RSA)
2011	2:19:34	Soweto (RSA)
2010	2:19:44	Soweto (RSA)
2009	2:18:45	Johannesburg (RSA)
2008	2:15:10	Cape Town (RSA)
2007	2:16:27	Port Elizabeth (RSA)



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CURRICULUM VITAE: Moeketsi MOSUHLI



PERSONAL DETAILS

FIRST NAME / SURNAME: Moeketsi Mosuhli
DATE OF BIRTH: 05 August 1981
CLUB: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
EMAIL / CONTACT / TWITTER: 078 832 9870

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
1500 Metres	3:47.36	Melbourne (AUS)	24 MAR 2006
3000 Metres	8:26.65	Réduit (MRI)	18 APR 2004
10 Kilometres	28:57	Durban (RSA)	08 FEB 2009
20 Kilometres	1:03:00	George (RSA)	14 OCT 2006
Half Marathon	1:03:41	Phalaborwa (RSA)	25 JUL 2009
Marathon	2:14:03	Durban (RSA)	10 FEB 2008

Two Oceans 56km Performances

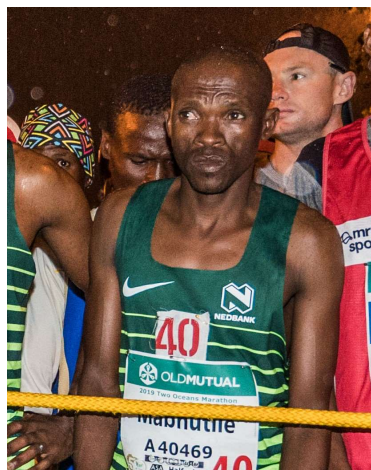
2010	03:07:29	2 nd
2011	03:09:42	4 th
2012	03:13:05	11 th
2013	03:10:22	3 rd
2015	03:13:45	3 rd
2016	03:35:26	34 th
2017	03:17:30	11 th
2018	03:14:53	8 th



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CURRICULUM VITAE: **Mabothile Lebopo**



PERSONAL DETAILS

FIRST NAME / SURNAME: Mabothile Lebopo
DATE OF BIRTH: 25 December 1975
CLUB: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
EMAIL / CONTACT / TWITTER: goodmanthaba@gmail.com / 078 832 9870

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10,000 Metres	28:57.07	Port Elizabeth (RSA)	16 FEB 2001
10 Kilometres	29:11	Holcim (RSA)	03 OCT 2004
Half Marathon	1:03:39	Cape Town (RSA)	15 APR 2006
Marathon	2:13:42	Durban (RSA)	08 FEB 2009

Best Marathon Performances

2019	2:22:23	Soweto Marathon
2019	3:16:01	Two Oceans 56km
2018	2:29:12	Mandela Day Marathon (RSA)
2018	1:05:33	East London Legends Half Marathon
2012	2:17:14	Soweto (RSA)
2011	2:20:27	Soweto (RSA)
2010	2:22:22	Soweto (RSA)
2009	2:13:42	Durban (RSA)
2008	2:13:52	Durban (RSA)
2007	2:14:31	Port Elizabeth (RSA)
2006	2:19:00	Johannesburg (RSA)
2005	2:24:39	Soweto (RSA)
2004	2:18:05	Soweto (RSA)
2003	2:16:12	Pyongyang (PRK)
2002	2:19:50	Soweto (RSA)
2001	2:25:04	Port Elizabeth (RSA)



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CURRICULUM VITAE: ESAYAS DATA AMATO

PERSONAL DETAILS

FIRST NAME / SURNAME: ESAYAS DATA AMATO
DATE OF BIRTH: 1 October 1986
CLUB: Nedbank Running Club Ethiopia
NATIONALITY: Ethiopia
EMAIL / CONTACT / TWITTER: thomassw2002@yahoo.com / 061 677 2018

BEST PERFORMANCES

22 Mar 2015	11th	2:16:13	Marathon Chongqing CHN	Chongqing
15 Feb 2015	13th	2:17:25	Marathon Ahmadabad IND	Sabarmati International
22 Jun 2014	3rd	2:19:45	Marathon Mont Choisi MRI	Orange International
20 Oct 2013	6th	2:17:46	Marathon Hawassa ETH	Haile Gebrselassie

CURRICULUM VITAE: DANIEL ASHENIK DERESE

PERSONAL DETAILS

FIRST NAME / SURNAME: DANIEL ASHENIK DERESE
DATE OF BIRTH: 20 September 1982
CLUB: Nedbank Running Club Ethiopia
NATIONALITY: Ethiopia
EMAIL / CONTACT / TWITTER: thomassw2002@yahoo.com / 061 677 2018

BEST PERFORMANCES

27 Aug 2017	8th	2:22:59	Marathon Mexico City MEX	Ciudad de México Internacionale
06 Nov 2016	4th	2:11:43	Marathon Hangzhou CHN	Hangzhou International
08 May 2016	6th	2:11:38	Marathon Dongying CHN	Yellow River Estuary International
01 Nov 2015	1st	2:12:30	Marathon Hangzhou CHN	Hangzhou International
30 Aug 2015	1st	2:19:24	Marathon Mexico City MEX	Ciudad de México
01 Mar 2015	1st	2:15:46	Marathon Durban RSA	Durban City



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CURRICULUM VITAE: GERDA STEYN



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Gerda Steyn
COUNTRY: R.S.A
DATE OF BIRTH: 1990/03/03
CLUB: Nedbank Running Club
EMAIL / CONTACT / TWITTER: gerda.run@gmail.com / 072 656 3030 / @gerdarun

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
10km	32:24	Dubai	2020
Half Marathon	1:10:55	UAE	2020
Marathon	2:31:04	New York	2018
Two Oceans 56km	3:31:28	Cape Town	2019
Comrades Marathon	5:58:53	Durban	2019

PERSONAL PERFORMANCES 2020

Dubai 10km 32:24, 1st
 Ras Al Khaimah Half Marathon, Ras Al Khaimah 1:10:55, 13th

PERSONAL PERFORMANCES 2019

RAK Half Marathon, Ras Al Khaimah (UAE) 1:12:35, 9th
 Two Oceans 56km 3:31:28, 1st
 Comrades Marathon 5:58:53, 1st (New Record)
 SA Half Marathon 1:11:54, 4th
 Asda Foundation Middlesbrough 10km, 33:05, 1st
 FNB Joburg 10K Cityrun, Johannesburg 34:31, 3rd

PERSONAL PERFORMANCES 2018

Two Oceans 56km 3:39:32, 1st
 Comrades Marathon 6:15:34, 2nd
 New York Marathon 2:31:04, 13th
 FNB 10km Durban, 33:36, 5th



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CURRICULUM VITAE: IRVETTE VAN ZYL



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Irvette van Zyl
COUNTRY: South Africa
DATE OF BIRTH: 1987/07/05
CLUB: Nedbank Running Club
EMAIL / CONTACT / TWITTER: irvievanblerk@gmail.com / 083 396 4208 / @irv87

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
10 km Road	32:06	Durban (RSA)	2018
Half Marathon	1:11:00	Port Elizabeth (RSA)	2016
Half Marathon	1:10:56	New York (USA)	2011
Marathon	2:31:26	London (GBR)	2013
Two Oceans 21km	1:12:06	Cape Town (RSA)	2011

PERSONAL BEST PERFORMANCES 2019

Dischem 21km 1:14:51, 1st
 Deloitte Pretoria Marathon (agn) 42km 02:44:27, 1st
 Two Oceans 56km 03:41:31, 3rd
 Spar Ladies PE 33:38, 5th
 Spar Ladies CT 33:43, 7th
 Spar Ladies Durban 33:43, 3rd
 Soweto Marathon 02:34:01, 1st

PERSONAL BEST PERFORMANCES 2018

Soweto Marathon 02:33:43, 1st
 Pietermaritzburg Spar Grand Prix Series 34:26, 1st
 Cape Town 10 km 32:48, 1st
 Johannesburg SPAR Grand Prix Series 34:07, 1st
 Durban 10 km 32:06, 3rd



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CURRICULUM VITAE: Ntombesintu Mfunzi



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Ntombesintu Mfunzi
COUNTRY: R.S.A
DATE OF BIRTH: 1981/12/27
CLUB: Nedbank Running Club EPA
EMAIL / CONTACT / TWITTER: ntombesintumfunzi@yahoo.co.za / 079 671 9059 / @ntombesm

Personal Bests

Event	Result	Venue	Date
10 Kilometres	34:35:00	Stellenbosch (RSA)	2009
Half Marathon	1:16:30	Port Elizabeth (RSA)	2011
Marathon	2:47:56	Cape Town (RSA)	2018
50km	3:40:33	Johannesburg (RSA)	2013

Bests Performances Two Oceans

2018 Two Oceans Marathon 56km 3:59:27 10th
 2017 Two Oceans Marathon 56km 4:01:21 5th
 2015 Two Oceans Marathon 56km 4:21:05 16th
 2014 Two Oceans Marathon 56km 4:00:53 8th
 2012 Two Oceans Marathon 56km 3:52:38 8th

Bests Performances 2020

NMBM One City Marathon 02:53:41. 1st

Bests Performances 2019

IAU 50km WC Brasov (ROU) 3:44:23
 Freedom Run 10km, Port Elizabeth 36:06, 5th
 Cassie's 15km, Port Elizabeth 57:22, 1st
 Nelson Mandela Bay Half Marathon, Port Elizabeth 1:20:05
 HAJ Hannover Marathon, Hannover 2:48:53, 13th



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CURRICULUM VITAE: DEANNE HORN



PERSONAL DETAILS

FIRST NAME / SURNAME: Deanne Horn
DATE OF BIRTH: 26 June 1988
CLUB: Nedbank Running Club CGA
NATIONALITY: South African
EMAIL / CONTACT / TWITTER: horndeanne@gmail.com / 082 683 4034 / @HornDeanne_

PERSONAL BEST TIMES

Distance	Time	Venue	Year
Marathon	2:47:49	North West (RSA)	2020
100km ultra	8:18:00	Sveti Martin (Croatia)	2018

Best Performances 2020

Aurum Klerksdorp Marathon 2:47:49, 1st

Best Performances 2019

Johnson Crane Hire Marathon 2:58:00, 3rd
 Tuks Bestmed (agn) 21km 1:28:36
 Sasol Sasolburg (fs) 42km 3:01:26
 Comrades Marathon, 87km, 7:01:20, 12th

Best Performances 2018

Comrades Marathon 7:06, 15th
 Two Oceans Ultra 4:06, 16th
 100km World Championships Croatia 8:18
 21.1Km Knysna 1:25, New course record, 1st
 Oxpecker Trail run 32km, 2-day stage race, course record 2:39, 1st
 Klerksdorp marathon 3:01, 1st



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CURRICULUM VITAE: Tanith Maxwell



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Tanith Maxwell
DATE OF BIRTH: 2 June 1976
CLUB: Nedbank Running Club
NATIONALITY: South African
EMAIL / CONTACT / TWITTER: t.foxmax@gmail.com / 081 747 8553 / @tanithmaxwell

Personal Bests

Event	Result	Venue	Date
10 Kilometres	34:01:00	Durban (RSA)	2009
Half Marathon	1:13:22	Port Elizabeth (RSA)	2010
Marathon	2:32:33	Berlin (GER)	2010

Comrades Marathon Results

2018 Down, 06:20:35, 4th

Two Oceans Marathon Results

2002	Half	1:22:27	8th
2003	Half	1:19:39	4th
2004	Half	1:18:06	3rd
2005	Half	1:21:01	6th
2010	Half	1:16:19	4th
2015	Ultra	3:45:19	3rd
2016	Ultra	3:45:55	2nd
2017	Ultra	3:55:37	3rd
2018	Ultra	3:49:49	4th



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CURRICULUM VITAE: Sanelisiwe Mbanjwa



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Sanelisiwe Mbanjwa
COUNTRY: R.S.A
DATE OF BIRTH: 4 May 1990
CLUB: Nedbank Running Club
EMAIL / CONTACT / TWITTER: 060 929 7384 / @SThelionking

Personal Bests

Event	Result	Date
Maritzburg 10 km	34:16	2016
Swift Half Marathon 21.1 km	1:26:20	2017
Capital City Marathon 42.2km	2:52:24	2020

Best Performances 2020

Capital City Marathon 2:52:24, 1st

Best Performances 2019

50km African Champs 3:34:05, 1st
 Chatsworth Freedom Marathon 10km 42:58
 Harry Gwala 42.2km 3:16:18

Best Performances 2018

Josiah Gumede 42.2km 3:22:23
 Matthews Meyiwa 21.1km 1:29:29
 Arthur Creswell 21.1km 1:31:02

Best Performances 2017

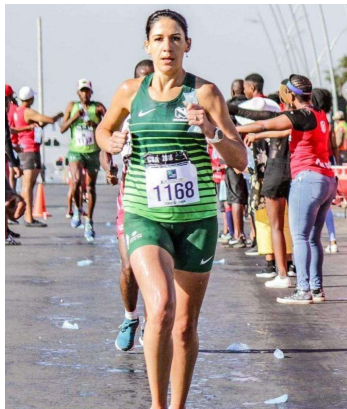
Merewent 10km 39:27
 Durban City Surf Run 10km 39:25
 Ethekewini Township to Township 42.2km 3:08:21
 Swift Half Marathon 21.1km 1:26:20



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CURRICULUM VITAE: CHRIZELL ROBERTS



PERSONAL DETAILS

FIRST NAME / SURNAME:

Chrizzell Roberts

DATE OF BIRTH:

20 May 1987

CLUB:

Nedbank Running Club CGA

NATIONALITY:

South African

EMAIL/ INSTAGRAM/ TWITTER: christina.e.roberts@gmail.com / @chrizzellroberts / @chrizzell_e

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>
10 km Road	38:18
Half Marathon	1:31:24
Marathon	2:50:21
48 km Road	3:50:28

Best Performances 2020

Uniwisp Marathon 2:50:51, 1st

Best Performances 2019

Glencore 15km 1st
 Goldi Marathon 2nd
 Township Marathon 2nd
 Potato Pride Half Marathon 1st
 Robor Ultra Marathon 50km 2nd
 Clearwater Mall 10km 3rd
 Maximed Night Race 10km 1st
 Fat Cats 10 km 3rd
 Sasol Night Race 10km 1st
 Skosana Road Race 10km 2nd

Best Performances 2018

Fred Morrison, 10 km, 39:41, 2nd
 Goldi Half Marathon, 1:31:24, 2nd
 Pirates, 10 km, 40:30, 2nd
 Modern Athlete Irene, 48 km, 3rd
 Sasol Secunda, 10 km, 39:54, 1st



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CURRICULUM VITAE: COBIE SMITH



PERSONAL DETAILS

FIRST NAME & SURNAME: Cobie Smith
DATE OF BIRTH: 11 January 1985
CLUB: Nedbank Running Club CGA
NATIONALITY: South African
EMAIL: cobiesmith@yahoo.com
CONTACT: 0834767480

PERSONAL BEST TIMES

DISTANCE	TIME	VENUE	YEAR
21.1km	1:22	Irene	2017
50km	3:31	Loskop	2018
90km	7:21	Comrades	2018
42km	2:52	Cape Town	2018

BEST PERFORMANCES 2020

Phobians Pretoria (agn) 21km 1:26:20
 Manjoh Foods Striders (cga) 15km 59:48

BEST PERFORMANCES 2019

Om Die Dam 50km (RSA) 50km 3:48:38 10th
 Jeppe Half Marathon 1:25:58, 1st
 Loskop Marathon 3:28:40, 2nd

BEST PERFORMANCES 2018

Pharmaton Edenvale Marathon 2:59, 1st
 Deloitte Marathon 3:05 3rd
 Cape Town Marathon 2:52
 Om die Dam 50km 3:50 2nd
 Comrades 7:21

BEST PERFORMANCES 2017

Wally Marathon 3:04, 1st
 Birchwood Half Marathon 1:30 1st
 Tough One 32km 2:21 3rd
 Jacky Gibson Marathon 3:17 1st
 Colgate 32km 2:19 2nd
 Comrades 8:04



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CURRICULUM VITAE: **Dominika Stelmach**



PERSONAL INFORMATION

SURNAME: Stelmach
FIRST NAMES: Dominika
COUNTRY: Poland
DATE OF BIRTH: 1982
CLUB: Nedbank International

Personal Bests

DISCIPLINE	PERFORMANCE	PLACE	DATE
10 Kilometres	35:10	Poznan (POL)	2016
Half Marathon	1:15:17	Warszawa (POL)	2017
Marathon	2:37:09	Seoul (KOR)	2018
100km	8:01:30	Poland	2016

Performances 2019

Ultra-Trail Cape Town (UTCT) 100 Km (RSA) 12:15:36, 3rd
 IAU 50km WC Brasov (ROU) 3:17:27, 4th
 Comrades Marathon - Up Run (RSA) 87km 6:34:58, 5th
 Two Oceans Marathon (RSA) 56km 3:50:08, 4th

Highlights:

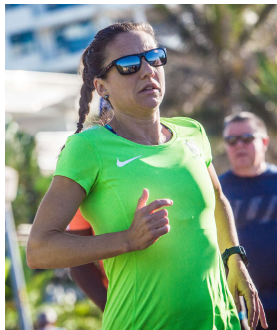
1ST -50KM CHINA, FUXIAN
 1ST -ECO TRAIL DE PARIS
 2ND -TWO OCEANS MARATHON, 56KM, RSA 2018
 2ND -REDBULL SKY RACE 30KM, NEW ZELAND 2018
 2ND -EIFFEL TOWER RUN 2017
 3RD -EINDHOVEN MARATHON 2016
 5TH -ROMA MARATHON 2016
 6TH -EUROPEAN TOWERRUNNING CHAMPIONSHIPS 2016



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CURRICULUM VITAE: Caitriona Jennings



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Caitriona Jennings
DATE OF BIRTH: 17 June 1980
CLUB: Nedbank International
NATIONALITY: Ireland
EMAIL / CONTACT / TWITTER: caitrionajennings@gmail.com / @cjennings1x

PERSONAL BEST

Event	Result	Venue	Date
10 Kilometres	35:28	Dublin (IRL)	2011
10 Miles Road	58:00	Dublin (IRL)	2011
Half Marathon	1:15:29	Newry City (GBR)	2012
Marathon	2:36:17	Rotterdam (NED)	2012
50 Kilometers	3:24:29	Donadea	2018
Comrades Marathon	6:24:12	Durban	2019

PERSONAL PERFORMANCES 2019

Rotterdam Marathon (NED) 2:38:42
 Comrades Marathon Up 6:24:12, 3rd

PERSONAL PERFORMANCES 2018

Dublin Marathon 2:41:17, 6th
 Donadea 50km Race (IRL) 3:24:30, 1st
 Indoor Marathon New York 2:53:11, 2nd
 Seeley Cup 10km 35:41, 3rd

PERSONAL PERFORMANCES 2017

Dublin Frank Duffy 10M 59:15, 3rd
 Dublin Marathon 2:42:36, 5th



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CURRICULUM VITAE: **Miranda Boonstra**



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Miranda Boonstra
DATE OF BIRTH: 29 August 1972
CLUB: Nedbank International
NATIONALITY: Netherlands
EMAIL / CONTACT / TWITTER: coaching@mirandaboonstra.nl

PERSONAL BEST

Event	Result	Venue	Date
10 Kilometres	33:22	Schoorl (NED)	2010
Half Marathon	1:13:04	Venlo (NED)	2010
30 Kilometres	1:58:47	Tilburg (NED)	2001
Marathon	2:27:32	Rotterdam (NED)	2012

PERSONAL PERFORMANCES 2019

Dutch 10,000m Ch., Leiden 4th 35:42.80
 Dam Tot Damloop 10 Miles Road, Amsterdam 11th 59:17
 B.A.A. Boston Marathon, Boston, MA 37th 2:43:05
 TCS Amsterdam Marathon, Amsterdam 12th 2:45:58

PERSONAL PERFORMANCES 2018

Schoorl Groet Uit Run 10km, Schoorl 16th 36:37
 Nijmegen Zevenheuvelenloop 15km, Nijmegen 22th 55:10
 Heerenberg Montferland Run 15km, Heerenberg 9th 55:49
 Amsterdam Dam tot Damloop 10mile, Amsterdam 18th 1:00:18
 Amsterdam Marathon, Amsterdam 13th 2:42:07



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CURRICULUM VITAE: ZEYTUNA ARBA MUDE

PERSONAL DETAILS

FIRST NAME / SURNAME: ZEYTUNA ARBA MUDE
DATE OF BIRTH: 19 November 1983
CLUB: Nedbank Running Club Ethiopia
NATIONALITY: Ethiopia
EMAIL / CONTACT / TWITTER: thomassw2002@yahoo.com / 061 677 2018

BEST PERFORMANCES

2017 1:12:56 København (DEN)
 2017 2:40:00 Tel Aviv (ISR)
 2016 2:37:48 Zagreb (CRO)
 2015 2:37:26 Mumbai (IND)
 2014 2:35:05 Brescia (ITA)

CURRICULUM VITAE: TIRUWORK MEKONNEN LEMMA

PERSONAL DETAILS

FIRST NAME / SURNAME: TIRUWORK MEKONNEN LEMMA
DATE OF BIRTH: 10 November 1986
CLUB: Nedbank Running Club Ethiopia
NATIONALITY: Ethiopia
EMAIL / CONTACT / TWITTER: thomassw2002@yahoo.com / 061 677 2018

BEST PERFORMANCES

2019 Ljubljana Marathon 2:37:16
 2019 Macau Marathon 2:46:19

CURRICULUM VITAE: GETE GUTA GALATO

PERSONAL DETAILS

FIRST NAME / SURNAME: GETE GUTA GALATO
DATE OF BIRTH: 12 September 1994
CLUB: Nedbank Running Club Ethiopia
NATIONALITY: Ethiopia
EMAIL / CONTACT / TWITTER: thomassw2002@yahoo.com / 061 677 2018

BEST PERFORMANCES

2018 Prague marathon (Czech Republic) 1:12:30,
 2019 VolksWagen Bucharest Half Marathon 1.19.20



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TWO OCEANS MARATHON 2020 MALE ATHLETES - CV'S 21KM



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CURRICULUM VITAE: **David Manja**



PERSONAL INFORMATION

FIRST NAMES / SURNAME: David Manja
COUNTRY: R.S. A
DATE OF BIRTH: 1991/06/08
CLUB: Nedbank Running Club
EMAIL / CONTACT / TWITTER: davidmanja1991@gmail.com / 078 305 7895 / @DavidManja1

Personal Bests

Event	Result	Venue	Date
10,000 Metres	29:01.0	Durban (RSA)	2017
10 Kilometres	28:23:00	Casablanca (MAR)	2016
12 Kilometres	34:10:00	Cape Town (RSA)	2017
Half Marathon	1:02:15	Port Elizabeth (RSA)	2016
Marathon	2:13:33	Dublin (IRL)	2018

PERSONAL PERFORMANCES 2020

Johnson Crane Hire Half Marathon, Johannesburg 1:07:29, 1st

PERSONAL PERFORMANCES 2019

5000m Potchefstroom 14:47.65, 1st
 Freedom Run 10km Port Elizabeth 29:09, 2nd
 Two Oceans Half Marathon, Cape Town 1:03:40, 4th
 Nelson Mandela Bay Half Marathon, Port Elizabeth, 1:08:27

PERSONAL PERFORMANCES 2018

Event	Results	Venue	Date
10 Kilometres	28:41	Port Elizabeth (RSA)	07-Apr-18
12 Kilometres	35:26	Cape Town (RSA)	20-May-18
Half Marathon	1:03:01	Port Elizabeth (RSA)	28-Jul-18
Marathon	2:13:33	Dublin (IRL)	28-Oct-18



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CURRICULUM VITAE: Phillimon Mathiba



PERSONAL DETAILS

FIRST NAME / SURNAME: Phillimon Mathiba
DATE OF BIRTH: 2 May 1992
CLUB: Nedbank Running Club CGA
NATIONALITY: South African
EMAIL / CONTACT / TWITTER: phillimonmathiba@gmail.com / 062 630 0922 / @Phillim90319981

PERSONAL BEST TIMES

Event	Result	Venue	Date
10 km Road	30:15	Sasolburg (RSA)	2016
Half Marathon	1:02:40	Port Elizabeth (RSA)	2016
Marathon	2:18:24	Dublin (IRL)	2017

PERSONAL PERFORMANCES 2019

5000m Germiston 14:47.74, 5th
 Two Oceans Half Marathon, Cape Town 1:07:39
 Nelson Mandela Bay Half Marathon, Port Elizabeth 1:05:08

PERSONAL PERFORMANCES 2018

1500m Germiston 1st, 3:55.99
 5000m Germiston Central Gauteng Ch. 4th, 14:57.96
 5000m Pretoria South African Ch. 18th, 15:10.16
 10,000m Germiston 5th, 9:50.7h

PERSONAL PERFORMANCES 2017

Durban 10,000m, 29:33.50
 Bedfordview Half Marathon 1:08:56
 Potchefstroom (RSA) 5000m 14:31.42
 Cape Town (RSA) 12 km Road 36:14
 ASA 21km Championships (ep) 1:04:36
 Dublin Marathon (Ireland) 2:18:24 (8th)



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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 / CONTACT / TWITTER: vandeventer.juan@gmail.com / 083 251 1730 / @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 (RSA)	2019

Best Performances 2019

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



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CURRICULUM VITAE: JOEL MMONE



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Joel Mmone
COUNTRY: R.S. A
DATE OF BIRTH: 1991/03/29
CLUB: Nedbank Running Club
CONTACT / EMAIL / TWITTER: 082 950 8746 / joelmohau@gmail.com / @joel_87050

PERSONAL BEST PERFORMANCES

DISCIPLINE	PERFORMANCE	PLACE	DATE
10 Kilometres	28:23	Casablanca (MAR)	2016
12 Kilometres	34:35	Cape Town (RSA)	2018
Half Marathon	1:01:22	Port Elizabeth (RSA)	2019

PERSONAL PERFORMANCES 2019

Phobians (agn) 15km, 46:14, 1st
 Asa 21km Champs (ep) 21km, 1:01:22, 4th
 Old Mutual Two Oceans (wp) 21km, 1:05:08, 8th
 Township (cga) 10km 31:52, 3rd

PERSONAL PERFORMANCES 2017

2 Johnson Crane (cga) 10km 29:58
 3 F21 Fokor (lima) 21km 1:03:53
 7 Fnb Cape Town One Run (wp) 12km 34:56

PERSONAL PERFORMANCES 2015

3 Two Oceans 21km 01:04:09
 3 Eastern Limb Executive Mayor (lima) 21km 01:04:34
 2 Tembisa (cga) 10km 00:30:30
 1 Nwn Outsurance Kfm Gun Run (wp) 21km 01:02:31
 8 Fnb Cape Town 12 Onerun (wp) 12km 00:35:36

PERSONAL PERFORMANCES 2018

1 Gaborone Half Marathon 1:03:29
 10 Johannesburg 10km 30:58
 10 Cape Town 12km 34:35
 9 Port Elizabeth Half Marathon 1:02:29

PERSONAL PERFORMANCES 2016

8 Sasol Sasolburg (fs) 10km 00:29:54
 1 Ottosdal (cwn) 10km 00:31:26
 4 Two Oceans 21km 01:03:55
 4 Fokor (lima) 21km 1:06:44
 10 Nelson Mandela Bay Asa Champs (ep) 21km 1:03:16



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CURRICULUM VITAE: **Namakoe Nkhasi**



PERSONAL DETAILS

FIRST NAME / SURNAME: Nkhasi Namakoe
DATE OF BIRTH: 10 January 1993
GENDER: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
CONTACT: 076 883 5759

Personal Best Times

Event	Result	Venue	Date
10,000m	28:06	Durban (RSA)	2016
10 km Road	28:28	Cape Town (RSA)	2016
Half Marathon	1:02:59	Gyeonggi-Do (KOR)	2019

Best Performances 2019

Durban 14:07.90, 5000m, 2nd
 Durban 29:28.60, 10000m, 4th
 Half Marathon, Gyeonggi-Do (KOR), 1:02:59, 2nd
 Two Oceans Half Marathon, 1:05:18, 9th

Best Performances 2018

1 Eldorado Park 10 km 29:57
 1 Port Elizabeth Freedom Run 10km 28:32
 Cape Town 12km 35:15
 2 Old Mutual Two Oceans (wp) 21km 1:04:15
 SA Half Marathon Champs (PE) 1:04:02

Best Performances 2017

2nd 10000m 28:32 Durban (RSA)
 1 George Claassen (agn) 10km 30:18
 1 Old Mutual Two Oceans (wp) 21km 1:03:16



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CURRICULUM VITAE: **Badboy Toka**



PERSONAL DETAILS

FIRST NAME / SURNAME: Badboy Toka
DATE OF BIRTH: 2 August 1998
CLUB: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
EMAIL / CONTACT / TWITTER: 078 832 9870

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
1500m	3:53.50	Stellenbosch (RSA)	2016
5000m	14:01.86	Gaborone (BOT)	2019
10,000m	28:48.30	Durban (RSA)	2019
10km	30:39	Howick (RSA)	2018

Best Marathon 2019

International Meet 5000m, Gaborone 14:01.86, 1st
 African Games 5000m, Prince Moulay Abdellah, Rabat 14:04.40
 10,000 Metres Durban 28:48.30, 3rd



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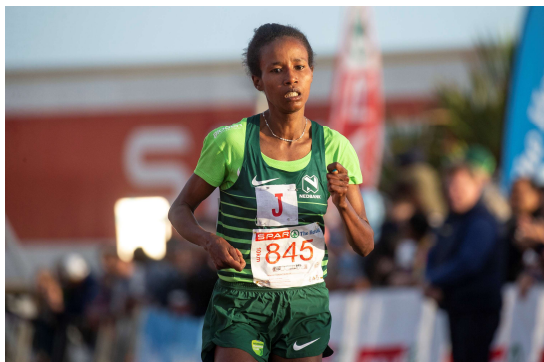
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CURRICULUM VITAE: **Tadu Teshome Nare**



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Tadu Teshome Nare
DATE OF BIRTH: 9 June 2001
CLUB: Nedbank Running Club Ethiopia
NATIONALITY: Ethiopia
CONTACT: thomassw2002@yahoo.com

PERSONAL BEST

Event	Result	Venue	Date
800m	2:04	Ethiopia	
1500m	4:16	Ethiopia	
10km	32:38	Port Elizabeth (RSA)	2019
21km	1:09:57	UAE	2020

PERSONAL PERFORMANCES 2020

Ras Al Khaimah Half Marathon, Ras Al Khaimah 1:09:57, 12th

PERSONAL PERFORMANCES 2019

Spar Ladies Port Elizabeth 32:38, 2nd
 Spar Ladies Cape Town 32:56, 3rd
 Spar Ladies Durban 32:38, 2nd
 SA Half marathon championship 1:10:20, winner
 Spar Ladies Pretoria 34:13, 2nd
 Spar Ladies Pietermaritzburg 33:06, 2nd



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CURRICULUM VITAE: **Patience Murowe**



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Patience Murowe
DATE OF BIRTH: 28 August 1988
CLUB: Nedbank Running Club Zimbabwe
NATIONALITY: Zimbabwe
EMAIL / CONTACT / TWITTER: pgarauzive6@gmail.com / 081 553 8055

PERSONAL BEST

Event	Result	Venue	Date
10 km Road	34:04	Port Elizabeth (RSA)	2019
21 km Road	1:15:55	Harry Gwala	2016

PERSONAL PERFORMANCES 2019

Deloitte Pretoria (agn) 21km, 1:24:50
 Two Oceans 21km 1:19:02, 7th
 Spar Ladies PE 34:04, 8th
 Spar Ladies CT 35:29
 Spar Ladies Durban 34:27, 10th
 Spar Ladies Pretoria 36:45, 10th

PERSONAL PERFORMANCES 2018

Outsurance Kfm Gun Run (wp) 21km, 1:17:39
 Spar Womens Race (agn) 10km, 37:33
 Old Mutual Two Oceans (wp) 21km, 1:17:33

PERSONAL PERFORMANCES 2017

1st, Johnsoncrane 21km, 1:18:29
 1st, Deloitte 21km, 1:20:26
 Spar Ladies Cape Town (wp), 10km, 35:27



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CURRICULUM VITAE: **Helalia Johannes**



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Helalia Johannes
DATE OF BIRTH: 13 August 1980
CLUB: Nedbank Running Club Namibia
NATIONALITY: Namibia
EMAIL / CONTACT / TWITTER: pgarauzive6@gmail.com / 081 553 8055

PERSONAL BEST

Event	Result	Venue	Date
10 Kilometres	30:59	Durban (RSA)	2019
Half Marathon	1:10:30	Cape Town (RSA)	2019
Marathon	2:22:25	Nagoya (JPN)	2019

PERSONAL PERFORMANCES 2019

Two Oceans Half Marathon, Cape Town 1:10:30, 1st
 Women's Marathon, Nagoya 2:22:25, 1st
 Spar Ladies PE 31:51, 1st
 Spar Ladies CT 31:45, 1st
 Spar Ladies Durban 30:59, 1st
 Bogota International half marathon 1:12:16, 2nd
 Spar Ladies Pretoria 32:39, 1st
 Marathon World Championship Doha 2:34:15, 3rd

PERSONAL PERFORMANCES 2018

Port Elizabeth Half Marathon 1:10:51, 2nd
 Gold Coast Commonwealth Games 2:32:40, 1st
 Cape Town Marathon 2:29:28, 1st

PERSONAL PERFORMANCES 2017

Vienna City Marathon 2:29:25, 6th
 London IAAF World Championships in Athletics 2:32:01
 Cape Town Marathon 2:30:28, 2nd



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CURRICULUM VITAE: **Rudo Mhonderwa**



PERSONAL DETAILS

FIRST NAME / SURNAME: Rudo Mhonderwa
DATE OF BIRTH: 9 Sep 1995
CLUB: Nedbank Running Club Zimbabwe
NATIONALITY: Zimbabwe
EMAIL / CONTACT / TWITTER: tabithatsatsa@gmail.com / 062 630 0922

PERSONAL BEST TIMES

Event	Result	Venue	Date
10 Kilometres	33:53	Durban (RSA)	2018
12 Kilometres	42:02	Cape Town (RSA)	2018
Half Marathon	1:14:41	Port Elizabeth (RSA)	2018

PERSONAL PERFORMANCES 2019

Freedom Run 10K, Port Elizabeth 34:20, 1st
 Phobians 15K, Pretoria 55:30, 1st
 Orange Phikwe Half Marathon, Selibe Phikwe 1:15:15, 1st

PERSONAL PERFORMANCES 2018

4th Cape Town Spar Grand Prix Series 35:18
 5th Port Elizabeth Freedom Run 10K 36:23
 4th Port Elizabeth Spar Grand Prix Series 34:21
 4th Durban Spar Grand Prix Series 33:53
 8th Cape Town 12 km 42:02

PERSONAL PERFORMANCES 2017

Johnson Crane 21km, 1:18:35, 2nd
 Deloitte 10km, 35:57, 1st
 Harry Gwala 21km, 1:15:22, 3rd



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