



**TWO OCEANS MARATHON
2023
MALE ATHLETES - CV'S 56KM**



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CURRICULUM VITAE: **Dan Matshailwe Moselakwe**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Daniel Moselakwe
COUNTRY: R.S.A
CLUB: Nedbank Running Club
D.O.B: 26 December 1993
NATIONALITY: South African
CONTACT: 071 007 1496

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10km	30:37	Northwest (RSA)	2021
Marathon	2:14:06	Cape Town (RSA)	2021
50km	2:43:45	Port Elizabeth (RSA)	2021

Personal Performances 2022

Nedbank Runified 50km, 2:50:58, 8th
 Comrades Marathon (Down Run), 5:36:25, 3rd
 Durban International Marathon, RSA, 2:17:21, 6th

Personal Performances 2021

Nedbank Runified 50km, 2:43:45, 7th
 Cape Town Marathon, 2:14:06, 14th
 Northwest Provincial 10km Champs, Tsitsing 30:37, 2nd

Personal Performances 2020

Om die Dam 50km, 3:03:15, 7th
 Tuks Bestmed Marathon, 2:33:33, 4th

Personal Performances 2019

Om Die Dam 50km, 2:57:46, 5th
 Bela Bela Superspar (Iima) 21km 1:10:40, 1st
 Tuks Bestmed (agn) 21km 1:11:30, 5th



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CURRICULUM VITAE: Jonas Makhele

PERSONAL DETAILS

FIRST NAME / SURNAME: Jonas Makhele
DATE OF BIRTH: 10 December 1981
CLUB: Nedbank Running Club
NATIONALITY: South African
EMAIL: jonasmakhele77@gmail.com

PERSONAL BEST TIMES

Distance	Time	Venue	Year
10km	30:36	Port Elizabeth (RSA)	2017
Marathon	2:20:42	Durban (RSA)	2022
50km	2:42:13	Port Elizabeth (RSA)	2021

Best Performances 2022

Nedbank Running Club Skosana Race 10km, 1:08:07, 8th
Durban International Marathon RSA, 2:20:42, 12th
Soweto Marathon, Soweto RSA, 2:29:14, 19th
Om die Dam 50km, 2:57:24, 1st

Best Performances 2021

Sanlam Cape Town Marathon, Cape Town RSA 2:21:27
Nedbank Runified 50km, Port Elizabeth RSA, 2:42:13, 2nd

Best Performances 2018

Johannesburg Pick 'n Pay Marathon, Johannesburg RSA, 2:30:49, 2nd

Best Performances 2017

Port Elizabeth South African Half Marathon Ch., Port Elizabeth RSA, 1:06:01
Johannesburg Pick 'n Pay Marathon, Johannesburg RSA, 2:30:40, 3rd
Centurion Marathon, Centurion RSA, 2:28:46, 5th
Port Elizabeth Marathon, Port Elizabeth RSA, 2:27:46, 4th



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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: 060 470 1387

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Place</u>	<u>Date</u>
10km	29:11	Knysna (RSA)	2012
15km	46:47	Cape Town (RSA)	2013
Half Marathon	1:03:42	Port Elizabeth	2018
Marathon	2:21:27	RSA	2023



PERSONAL PERFORMANCES 2023

Weskus Marathon, 2:21:27, 1st

PERSONAL PERFORMANCES 2022

Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:03:39

PERSONAL PERFORMANCES 2021

AfricanX 3-day Stage trail run, 2nd

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



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CURRICULUM VITAE: Ricardo Simthembile Swarts

PERSONAL DETAILS

FIRST NAME / SURNAME: Ricardo Simthembile Swarts
DATE OF BIRTH: 24 April 1992
CLUB: Nedbank Running Club
NATIONALITY: South Africa

PERSONAL BEST TIMES

DISTANCE:	TIME:
10km – Beaufort West Race (2017)	32:38
21km – Windpomp Race (2017)	66:01
42km – Beaufort West Marathon (2019)	02:30:02
42km – Redhill Marathon (2019)	02:30:00
42km – Peninsula Marathon (2020)	02:27:12
56km – Two Oceans Ultra (2019)	03:34:00



Personal Performances 2023

Weskus Marathon, 2:26:35, 2nd

Personal Performances 2022

Two Oceans 56km, 3:24:16

ACHIEVEMENTS:

2017 winner of Windpomp half marathon
2019 winner of Beaufort West Kannie Dood Marathon
2019 runners up STBB Redhill Marathon
2020 podium finisher (3rd) in Cape Peninsula Marathon

FUTURE GOALS:

One of my future goals is win the Om Die Dam 50km next year
Achieve a top 10 finish at Two Oceans Ultra Marathon in the future
To win Soweto marathon in 2022



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CURRICULUM VITAE: Sintayehu Legese Yinesu

PERSONAL DETAILS

FIRST NAME / SURNAME: Sintayehu Legese Yinesu
DATE OF BIRTH: 11 December 1990
CLUB: Nedbank Running Club Ethiopia
NATIONALITY: Ethiopia
EMAIL / CONTACT / TWITTER: thomassw2002@yahoo.com

PERSONAL BEST TIMES

Distance	Time	Venue	Year
Half Marathon	1:02:59	Granollers (ESP)	2015
Marathon	2:11:07	Paris (FRA)	2015



Personal Performances 2023

Access Bank Lagos City Marathon, Lagos NGR 2:23:52, 12th

Personal Performances 2022

Access Bank Lagos City Marathon, Lagos NGR, 2:15:37, 6th
Soweto Marathon (RSA) 2:20:42, 4th

Personal Performances 2020

Access Bank Lagos City Marathon, Lagos NGR, 2:16:29, 14th

Personal Performances 2019

Marathon Lagos (NGR) 2:17:28, 1st
Two Oceans 56km (RSA) 3:12:33, 4th

Personal Performances 2018

Soweto Marathon (RSA) 2:19:10, 1st
Mandela Day Marathon (RSA) 2:28:05, 1st

Personal Performances 2017

Soweto Marathon (RSA) 2:20:56, 2nd

Personal Performances 2016

OR Thambo Marathon (RSA) 2:11:20, 2nd



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CURRICULUM VITAE: **Stephen Katam**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Stephen Katam
COUNTRY: Kenya
CLUB: Nedbank Running Club
D.O.B: 20 Oct 1994

Personal Best Performances

Discipline	Performance	Place	Date
Marathon	2:14:08	Tel Aviv (ISR)	2016

Personal Performances 2017

Belgrade Marathon SER, 2:21:12, 1st

Personal Performances 2016

Tel-Aviv Marathon, Tel Aviv, ISR, 2:14:08, 3rd

Personal Performances 2014

Hillcrest Marathon, Hillcrest, RSA, 2:29:55, 2nd
Howick Mandela Marathon, Howick, RSA, 2:29:43, 4th



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CURRICULUM VITAE: Adele Broodryk

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Adele Broodryk
COUNTRY: R.S.A.
DATE OF BIRTH: 1990/09/20
CLUB: Nedbank Running Club AGN



Personal Bests

Event	Result	Venue	Date
10km	34:49	Durban (RSA)	2022
Half Marathon	1:22:16	Port Elizabeth (RSA)	2015
Marathon	2:47:54	Cape Town (RSA)	2021
Two Oceans 56km	3:46:35	Cape Town (RSA)	2022
Comrades Marathon	6:26:35	Durban (RSA)	2022

Bests Performances 2023

Bert's Bricks Half Marathon 1:18:30, 1st
 Nedbank Runified 50km, 3:18:03, 7th
 Om Die Dam 50km, 3:31:10, 1st

Bests Performances 2022

Comrades 90km Downrun 6:26:35, 3rd
 Om-die-Dam Ultra Marathon 50km 3:23:48, 1st
 N12 Ultra-Marathon 46.5km 3:08:34, 2nd
 Two Oceans Ultra-marathon 56km 3:46:35, 6th
 Motsepe Half-Marathon 1:21:42, 3rd
 Dischem Half-marathon 1:24:07, 3rd
 Spar Grand Prix Series 10km Port Elizabeth – 35:20, 17th
 Spar Grand Prix Series 10km Durban – 34:48, 15th
 Spar Grand Prix Series 10km Nelspruit – 35:06, 9th
 Spar Grand Prix Series 10km Pretoria – 37:18, 14th
 Spar Grand Prix Series 10km Johannesburg: 37:49, 14th
 Spar Grand Prix Series 10km Cape Town: 35:11, 10th



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CURRICULUM VITAE: Amelework Fikadu Boshu

PERSONAL DETAILS

FIRST NAME / SURNAME: Amelework Fikadu Boshu
DATE OF BIRTH: 21 November 1986
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia

PERSONAL BEST

Event	Result	Venue	Date
10 km	34:02	Cholet FRA	2011
15 km	50:16	s'Heerenberg NED	2007
10 mi	54:01a	Zaandam NED	2008
Half Mara	1:12:35	Billancourt FRA	2011
Marathon	2:32:39	Valencia ESP	2012
50km	3:04:58	Port Elizabeth RSA	2022



Best Performances 2023

Nedbank Runified 50km, 3:06:24, 2nd

Best Performances 2022

Nedbank Runified 50km, 3:04:58, 1st
 Two Oceans 56km, 3:34:16, 3rd
 Soweto Marathon, 2:43:14, 2nd

PERSONAL PERFORMANCES

Date	Finished	Time	Distance	Location
15 Oct 2017	1	2:35:32	Marathon	Buenos Aires ARG
23 Apr 2017	2	2:34:25	Marathon	Lódz POL
26 Feb 2017	2	2:35:28	Marathon	Sanya CHN
06 Nov 2016	6	2:36:12	Marathon	Hangzhou CHN
26 Mar 2016	3	3:47:40	56 km	Cape Town RSA
14 Feb 2016	14	1:16:52	Half Mara	Oromiya ETH
01 Nov 2015	2	2:50:15	Marathon	Soweto RSA
13 Sep 2015	3	2:39:12	Marathon	Taiyuan CHN
07 Dec 2014	4	2:35:08	Marathon	Shenzhen CHN
21 Sep 2014	4	2:36:12	Marathon	Cape Town RSA
17 Mar 2013	2	2:35:52	Marathon	Barcelona ESP
18 Nov 2012	2	2:32:39	Marathon	Valencia ESP



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CURRICULUM VITAE: Tinebebe Nebiyu Ali

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Tinebebe Nebiyu Ali
DATE OF BIRTH: 28 December 2000
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia

Personal Bests

Event	Result	Venue	Date
10km	34:03	Addis Abeba (ETH)	2018
Marathon	2:44:32	Soweto (RSA)	2022

Best Performances 2023

Nedbank Runified 50km, 3:09:14, 4th

Best Performances 2022

Soweto Marathon, 2:44:32, 3rd

Best Performances 2018

Addis Abeba Great Ethiopian Run, Addis Abeba ETH, 34:03, 4th



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CURRICULUM VITAE: **Andries Sesedi**

PERSONAL DETAILS

FIRST NAME / SURNAME: Andries Sesedi
DATE OF BIRTH: 10 Apr 2001
CLUB: Nedbank Running Club
NATIONALITY: South Africa

PERSONAL BEST

Event	Result	Place	Date
1500m	3:55.05	Pretoria (RSA)	2020
3000m	8:30.60	Potchefstroom (RSA)	2020
5000m	14:37.06	Johannesburg (RSA)	2023
10000m	29:35.12	Cape Town (RSA)	2022
10km	28:39	Durban (RSA)	2022
Half Marathon	1:06:02	Gqeberha (RSA)	2022

Personal Performances 2023

CGA League Meeting 3, 1500m, Johannesburg RSA, 3:58.23, 2nd
CGA League Meeting 2, 5000m, Johannesburg RSA, 14:42.49, 3rd
CGA League Meeting 5, 5000m, Johannesburg RSA, 14:37.06, 1st

Personal Performances 2022

CGA Open Meet 2, 5000m, Boksburg RSA, 14:56.32, 4th
Central Gauteng Ch., 10000m, Johannesburg RSA, 32:01.89, 4th
South African Championships, 10000m, Cape Town RSA, 29:35.12, 9th
ABSA RYC Durban 10k, Durban RSA 28:39, 14th
ABSA Run Your City Joburg 10km, Johannesburg RSA, 29:47, 2nd
Sanlam Cape Town 10km Peace Run, Cape Town RSA, 29:14, 6th
Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:06:02



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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	28:26	Durban (RSA)	2022
12km	34:38	Cape Town (RSA)	2018
15km	45:11	Port Elizabeth (RSA)	2021
Half Marathon	1:01:59	Port Elizabeth (RSA)	2018



Best Performances 2023

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, Béjaia ALG, 1:03:51, 1st



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CURRICULUM VITAE: Joel Mmone

PERSONAL DETAILS

FIRST NAME / SURNAME: Joel Mmone
DATE OF BIRTH: 29 Mar 1991
CLUB: Nedbank Running Club
NATIONALITY: South Africa

PERSONAL BEST

Event	Result	Place	Date
800m	1:54.21	Potchefstroom (RSA)	2010
1500m	3:47.04	Potchefstroom (RSA)	2013
3000m	8:05.45	Potchefstroom (RSA)	2019
5000m	14:02.05	Potchefstroom (RSA)	2016
10000m	28:49.92	Durban (RSA)	2017
10km	28:23	Casablanca (MAR)	2016
12km	34:35	Cape Town (RSA)	2018
15km	46:14	Pretoria (RSA)	2019
Half Marathon	1:01:22	Port Elizabeth (RSA)	2019

Personal Performances 2021

Durban 10K CITYRUN, Durban RSA, 31:20
 Nelson Mandela Bay Half Marathon, Port Elizabeth RSA, 1:04:56



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CURRICULUM VITAE: **Moses Tarakinyu**

PERSONAL DETAILS

FIRST NAME / SURNAME: Moses Tarakinyu
DATE OF BIRTH: 30 March 1995
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe

PERSONAL BEST TIMES

Distance	Time	Venue	Year
5000m	14:26.32	Wuhan (CHN)	2019
10km	29:08	Cape Town (RSA)	2022
Half Marathon	1:01:38	Gqeberha (RSA)	2022

Best Performances 2023

ABSA run your city 10km, 29:13

Best Performances 2022

Kazungula Half Marathon (Bots) 1:04:03
 Durban International 10km, 29:10, 3rd
 Sanlam Cape Town 10km Peace Run, Cape Town RSA, 29:08, 4th
 Totalsports Two Oceans Half Marathon, Cape Town RSA, 1:03:31, 1st
 Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:01:38, 11th

Best Performances 2019

JM Busha Triangular Series, White City Stadium, Bulawayo ZIM 14:39.44, 1st
 African Games, Complexe Sportif Prince Moulay Abdellah, Rabat MAR 14:46.65
 CISM Military World Games, Five Rings Sports Center, Wuhan CHN 14:26.32
 CISM Military World Games, Five Rings Sports Center, Wuhan CHN 14:37.40, 12th
 African Games, Complexe Sportif Prince Moulay Abdellah, Rabat MAR 1:08:09, 13th



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CURRICULUM VITAE: **Wellington Varevi**

PERSONAL DETAILS

FIRST NAME / SURNAME: Wellington Varevi
DATE OF BIRTH: 9 August 1994
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
800m	1:52.39	Bulawayo (ZIM)	2018
1500m	3:48.40	Durban (RSA)	2016
5000m	14:17.45	Cape Town (RSA)	2016
10km	28:07	Gqeberha (RSA)	2023

Best Performances 2023

ABSA run your city 10km, 28:07, 6th

Best Performances 2022

Sanlam Cape Town 10km Peace Run, Cape Town RSA, 29:13, 5th

Best Performances 2021

Zimbabwean Ch.5000m, National Sports Stadium, Harare ZIM 3:57.24, 1st
Zimbabwean Ch.5000m, National Sports Stadium, Harare ZIM 14:54.90, 1st



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CURRICULUM VITAE: **Abere Mamo**

PERSONAL DETAILS

FIRST NAME / SURNAME: Abere Mamo
DATE OF BIRTH: 17 March 2003
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia
GENDER: Male

PERSONAL BEST

Event	Result	Venue	Date
10km	28:06	Gqeberha	2023
Marathon	2:33:12	Cape Town	2022

Best Performances 2023

ABSA Run your city 10km Gqeberha, 28:06, 5th

Best Performances 2022

Sanlam Cape Town Marathon, Cape Town RSA, 2:33:12, 30th



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CURRICULUM VITAE: Kelly van Vliet

PERSONAL DETAILS

FIRST NAME / SURNAME: Kelly van Vliet
DATE OF BIRTH: 27 October 1987
CLUB: Nedbank Running Club
NATIONALITY: South African
EMAIL: kelbel99@gmail.com

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Date:</u>
10 Kilometres	36:26	Port Elizabeth (RSA)	2021
15 Kilometres	2:54:41	Cape Town (RSA)	2021
Half Marathon	1:18:47	Port Elizabeth (RSA)	2021
Marathon	2:54:41	Cape Town (RSA)	2021
50km	3:25:54	Port Elizabeth (RSA)	2021

Best Performances 2022

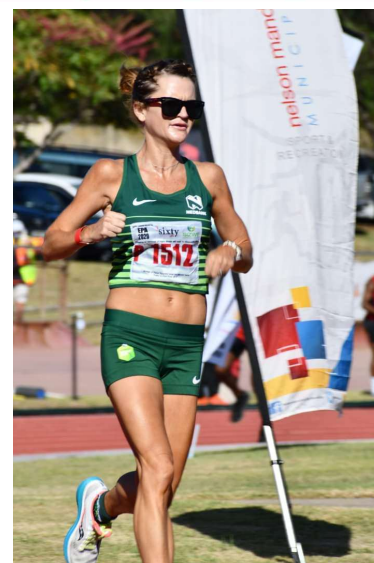
Nedbank Runified 50km 3:31:58, 8th
 Spar Ladies Grand Prix Series, Gqeberha RSA, 36:04, 20th
 Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:19:10, 18th

Best Performances 2021

Nedbank Runified 50km 3:25:54, 10th
 NMBM Legacy Series 1 Colchester, Port Elizabeth, 36:26, 3rd
 NMBM Legacy Series 2 Colchester, Port Elizabeth, 36:28, 1st
 Nelson Mandela Bay Half Marathon Port Elizabeth, 1:18:47
 Sanlam Cape Town Marathon, Cape Town RSA, 2:54:41

Best Performances 2019

Nelson Mandela Bay Northern Areas Legacy Project 15-Km, 58:08, 2nd
 Nelson Mandela Bay Half Marathon, Port Elizabeth, 1:21:56
 Petro SA Marathon, Mossel Bay, 3:00:41, 8th



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CURRICULUM VITAE: **Patience Murowe**

PERSONAL DETAILS

FIRST NAME / SURNAME: Patience Murowe
DATE OF BIRTH: 28 Augustus 1988
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe
EMAIL: pgarauzive6@gmail.com
CONTACT: +263 77 915 1505

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 2021

Nelson Mandela Bay Half Marathon, Port Elizabeth, 1:18:41, 20th
Spar Ladies Pietermaritzburg, 35:31, 8th
Spar Ladies Cape Town, 34:31, 5th
Spar Ladies Durban, 34:47, 11th
Spar Ladies JHB, 36:03, 9th
Spar Ladies Pretoria, 36:29, 11th
Spar Ladies Port Elizabeth, 34:55, 9th

PERSONAL PERFORMANCES 2020

Phobians Pretoria (agn) 21km 1:26:01

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



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CURRICULUM VITAE: **Bekelech Teku Wariyo**

PERSONAL DETAILS

FIRST NAME / SURNAME: Bekelech Teku Wariyo
DATE OF BIRTH: 6 July 2003
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia
GENDER: Female

PERSONAL BEST

Event	Result	Venue	Date
5000m	15:58.1h	Hawassa (ETH)	2022
10km	31:36	Gqeberha (RSA)	2023

Best Performances 2023

ABSA Run your city 10km, 31:36, 1st

Best Performances 2022

Ethiopian U20 Championships, 5000m, Assela ETH, 16:06.7h, 3rd
Ethiopian Championships, 5000m, Hawassa ETH 15:58.1h, 8th

Best Performances 2019

Corrida de Langueux, Langueux FRA, 33:59, 10th



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