



**TWO OCEANS MARATHON
2024
MALE ATHLETES - CV'S 56KM**



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CURRICULUM VITAE: Onalenna Khonkhobe

PERSONAL DETAILS

FIRST NAME / SURNAME: Onalenna Khonkhobe
DATE OF BIRTH: 29 April 1996
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
3000m	8:56.63	Potchefstroom (RSA)	2021
Half Marathon	1:03:13	Johannesburg (RSA)	2022
Marathon	2:22:19	Klerksdorp (RSA)	2022
50km	2:39:41	Port Elizabeth (RSA)	2023

Best Performances 2024

Dischem Half Marathon, 1:05:41, 1st

Best Performances 2023

Comrades Marathon - Down Run (RSA) 87km, 5:59:08
Nedbank Runified 50km, 2:39:41, 2nd

Best Performances 2022

Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:03:13
Race to Equality, Johannesburg, 1:10:04, 8th
Klerksdorp Marathon, 2:22:19, 1st
Two Oceans 56km, 3:12:57, 6th

Best Performances 2021

ACNW Open T&F Meeting, McArthur Stadium, Potchefstroom 8:56.63, 6th
ACNW Open T&F Meeting, McArthur Stadium, Potchefstroom 9:07.55, 4th
Nelson Mandela Bay Half Marathon, Port Elizabeth 1:06:46



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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
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
Marathon	2:21:34	Soweto (RSA)	2023



Personal Performances 2023

Nelson Mandela Bay Half Marathon, Gqeberha, 1:01:48, 9th
 Run your City 10km Johannesburg, 29:59, 6th
 Soweto Marathon, 2:21:34, 6th

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: David Manja

PERSONAL DETAILS

FIRST NAME / SURNAME: David Manja
DATE OF BIRTH: 8 Jun 1991
CLUB: Nedbank Running Club
NATIONALITY: South Africa

PERSONAL BEST

Event	Result	Place	Date
5000m	14:05.58	Stellenbosch (RSA)	2012
10,000m	29:01.01	Durban (RSA)	2017
10km	28:23	Casablanca (MAR)	2016
12km	34:10	Cape Town (RSA)	2017
15km	44:19	Port Elizabeth (RSA)	2021
Half Marathon	1:02:12	Port Elizabeth (RSA)	2021
Marathon	2:13:33	Dublin (IRL)	2018



Personal Performances 2023

Soweto Marathon, 2:29:11

Personal Performances 2022

ABSA Run Your City 10km, Cape Town, 30:58
ABSA RYC Durban 10k, Durban, 29:22
ABSA Run Your City Joburg 10km, Johannesburg, 30:20, 8th
Nedbank Running Club Skosana Race, Pretoria, 1:07:02, 6th
Cape Peninsula Half Marathon, Cape Town, 1:03:25, 2nd
Race to Equality, Johannesburg, 1:06:55, 4th
Totalsports Two Oceans Half Marathon, Cape Town, 1:06:57
Nelson Mandela Bay Half Marathon, Gqeberha, 1:04:14
Soweto Half Marathon & 10km, Soweto, 1:07:35, 1st
Sanlam Cape Town Marathon, Cape Town, 2:20:04



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CURRICULUM VITAE: Lloyds Bosman

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Lloyds Bosman
COUNTRY: South Africa
DATE OF BIRTH: 25 February 1988
CLUB: Nedbank Running Club SWD



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 2024

Peninsula Marathon, 2:22:25, 1st

PERSONAL PERFORMANCES 2023

Weskus Marathon, 2:21:27, 1st
Klein Karoo Street Mile (Eden Street Miles), Oudtshoorn RSA, 4:19.57, 12th
ATKV Street Mile (Eden Street Miles), Hartenbos RSA, 4:23.18, 11th
Nelson Mandela Bay Half Marathon RSA, 1:02:15

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



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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)	2:30:02
42km – Redhill Marathon (2019)	2:30:00
42km – Peninsula Marathon (2020)	2:27:12
56km – Two Oceans Ultra (2019)	3:34:00

Personal Performances 2023

Weskus Marathon, 2:26:35, 2nd
Winelands Marathon, 2:29:48

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



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CURRICULUM VITAE: Mike Fokoroni

PERSONAL DETAILS

FIRST NAME / SURNAME: Mike Fokoroni
DATE OF BIRTH: 10 January 1977
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe
TWITTER: @FokoroniMike
INSTAGRAM: #fokoroni



PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 km Road	29:41	Mamelodi (RSA)	2009
Half Marathon	1:03:04	Port Elizabeth (RSA)	2009
Marathon	2:13:17	Beijing (CHN)	2008
50km	2:49:05	Port Elizabeth (RSA)	2023

Bests Performance 2023

Prince Mangosuthu Ultra Marathon (RSA) 52km, 3:02:01, 10th
50Km Nedbank Ultra Marathon Runified, 2:49:05, 9th
SA Run4Cancer 48km, 2:55:00

Comrades Marathon

2013 Up, 05:50:11, 8th
2016 Down, 05:35:09, 4th
2023 Down, 05:54:10

Two Oceans Marathon

2010, 03:11:38, 6th
2011, 03:11:25, 7th
2013, 03:13:29, 10th
2015, 03:16:56, 6th
2016, 03:13:33, 1st
2018, 03:16:38, 10th



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CURRICULUM VITAE: Lyno Muchena

PERSONAL DETAILS

FIRST NAME / SURNAME: Lyno Muchena
DATE OF BIRTH: 2 January 1988
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe

PERSONAL BEST TIMES

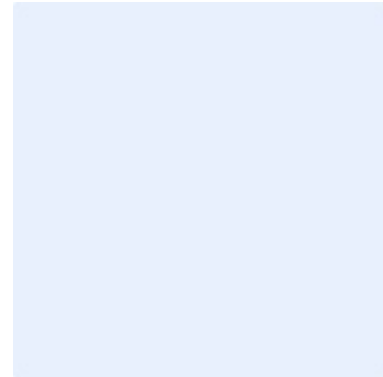
<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
Half Marathon	1:07:33	Polokwane (RSA)	2007
Marathon	2:24:12	Kazungula (BOT)	2023

Bests Performance 2023

FNB Kazungula Bridge Marathon, Kazungula BOT, 2:24:12, 4th
SA Run4Cancer 48km, 2:42:55

Bests Performance 2022

Two Oceans Marathon (RSA) 56km, 3:26:06



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CURRICULUM VITAE: Degefa Yohannese Lafebo

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Degefa Yohannese Lafebo
DATE OF BIRTH: 2 October 1993
CLUB: Nedbank Running Club
NATIONALITY: Ethiopia

Personal Bests

Event	Result	Venue	Date
Half Marathon	1:04:37	Bengaluru (IND)	2017
Marathon	2:16:54	San Sebastián (ESP)	2021

Best Performances 2023

Two Oceans 56km, 3:12:49, 6th



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CURRICULUM VITAE: **Ezra Kipto Keter**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Ezra Kipto Keter
DATE OF BIRTH: 3 February 1994
CLUB: Nedbank Running Club
NATIONALITY: Kenya

Best Performances 2023

Kisumu Marathon, 2:18:43
Iten Marathon, 2:19:46



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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
INSTAGRAM: del_run
FACEBOOK: Adele Broodryk - runner



Personal Bests

Event	Result	Venue	Date
10km	34:48	Durban (RSA)	2022
Half Marathon	1:18:30	Port Elizabeth (RSA)	2023
Marathon	2:47:54	Cape Town (RSA)	2021
Two Oceans 56km	3:46:35	Cape Town (RSA)	2022
Comrades Marathon	5:56:26	Durban (RSA)	2023

Bests Performances 2024

Peninsula Marathon. 2:46:46, 1st

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
Two Oceans 56km, 3:53:27, 8th
Comrades 90km Downrun 5:56:26, 2nd

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 Durban – 34:48, 15th



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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

PERSONAL BEST TIMES

Distance	Time	Venue	Date:
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 2024

Runified 50km 3:42:06, 8th

Best Performances 2023

Two Oceans Half Marathon, 1:22:53, 8th
Freedom Run, 36:40, 1st

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



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CURRICULUM VITAE: **Maretha Smit**

PERSONAL DETAILS

FIRST NAME / SURNAME: Maretha Smit
DATE OF BIRTH: 16 February 1989
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>
Marathon	2:55:10	Cape Town (RSA)	2024

Best Performances 2024

Peninsula Marathon, 2:55:10, 3rd

Best Performances 2023

Cape Town Marathon, 2:55:34, 15th
Comrades Marathon - Down Run (RSA), 87km, 6:57:56, 25th
Two Oceans Marathon (RSA) 56km, 4:07:09, 15th

Best Performances 2022

Comrades Marathon - Down Run (RSA) 90km, 7:11:51, 18th
Om Die Dam 50km (RSA) 50km, 3:50:45, 12th
Two Oceans Marathon (RSA) 56km, 4:11:49, 14th



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CURRICULUM VITAE: Landie Greyling

PERSONAL DETAILS

FIRST NAME / SURNAME: Landie Greyling
DATE OF BIRTH: 11 January 1984
CLUB: Nedbank Running Club
NATIONALITY: South African

Personal Best Time

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Date:</u>
Marathon	2:51:10	Cape Town (RSA)	2024

Best Performances 2024

Cango Marathon, 2:51, 1st

Best Performances 2023

Merrell Whale of Trail (RSA) 53km, 5:43:25, 1st
World Mountain & Trail Running Championships 2023 (WMTRC) 45km, 5:43:36

Best Performances 2022

Ultra-Trail Cape Town (UTCT) 55 Km (RSA) 55km, 6:23:31, 1st
Cape Town Trail Marathon by Ryan Sandes (RSA) 46km, 5:24:24, 1st
Merrell Whale of Trail (RSA) 53km, 5:50:25, 1st
Ultra Trail Drakensberg - Giant's Cup Uncut (GCU 62) (RSA) 62km, 6:43:04, 2nd

Best Performances 2021

SkyRun Lite 65 Km (RSA) 65km, 9:41:51, 1st



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CURRICULUM VITAE: Caitriona Jennings

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Caitriona Jennings
COUNTRY: Ireland
DATE OF BIRTH: 17 June 1980
CLUB: Nedbank Running Club



PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
10km	35:28	Dublin (IRL)	2011
10mile	58:00	Dublin (IRL)	2011
Half Marathon	1:15:29	Newry City (GBR)	2012
Marathon	2:36:17	Rotterdam (NED)	2012
50km	3:19:49	Brasov	2019
100km	7:07:16	Bernau (GER)	2022
Comrades Marathon	6:24:12	Durban	2019
5000m	18:34.63	Hong Kong (HKG)	2023

PERSONAL PERFORMANCES 2023

HKAA Athletics Series Meeting 5000m, Hong Kong, 18:34.63, 1st
 Sydney Marathon AUS, 2:48:26, 15th
 Hyderabad Ultra Marathon - IAU 50km WC (IND), 3:29:25, 12th
 Comrades Marathon - Down Run (RSA) 87km, 6:10:27, 5th
 The Canyons Endurance 50Km Run (USA), 4:17:47, 2nd

PERSONAL PERFORMANCES 2022

Regeneron Great Limerick Run Marathon, Limerick IRL, 2:41:09, 1st
 100k World Ch., Bernau GER, 7:07:16, 3rd

PERSONAL PERFORMANCES 2021

Irish National Championships 100km, 7:43:01, 1st (IRISH NATIONAL RECORD)
 Standard Chartered Hong Kong Marathon, Hong Kong 2:51:31, 3rd

PERSONAL PERFORMANCES 2019

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



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CURRICULUM VITAE: **Andrea Pomaranski**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Andrea Pomaranski
COUNTRY: USA
DATE OF BIRTH: 2 July 1982
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
5km	16:14	Cutlerville, MI (USA)	2010
10km	34:42	Dearborn, MI (USA)	2010
10mile	56:10	Flint, MI (USA)	2010
Half Marathon	1:13:12	Indianapolis, IN (USA)	2022
Marathon	2:31:06	Houston, TX (USA)	2023

PERSONAL PERFORMANCES 2024

Chevron Houston Marathon, Houston, TX USA, 2:36:41, 14th
U.S. Olympic Team Trials - Marathon, Orlando, FL USA, 2:34:35

PERSONAL PERFORMANCES 2023

Chevron Houston Marathon, Houston, TX USA, 2:31:06, 7th
Hyderabad Ultra Marathon - IAU 50 km WC (IND), 3:19:07, 2nd
USATF National 50K Road Championship Caumsett (USA) 50km, 3:07:48, 1st

PERSONAL PERFORMANCES 2022

US Women 6km Road Running Championships, Canton, OH USA, 19:13, 10th
Carmel Half Marathon, Carmel, IN USA, 1:15:05, 4th
USA Half Marathon Championships, Indianapolis, IN USA, 1:13:12, 2nd
Chevron Houston Marathon, Houston, TX USA, 2:33:38, 10th
BMW Berlin Marathon, Berlin GER, 2:33:10



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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	45:11	Port Elizabeth (RSA)	2021
Half Marathon	59:52	Riga (LAT)	2023



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, Béjaia ALG, 1:03:51, 1st



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CURRICULUM VITAE: **Namakoe Nkhasi**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Namakoe Nkhasi
DATE OF BIRTH: 10 January 1993
CLUB: Nedbank Running Club
NATIONALITY: Lesotho



Personal Bests

Event	Result	Venue	Date
1500m	3:49.72	Port Elizabeth (RSA)	2013
3000m	8:30.86	Potchefstroom (RSA)	2020
5000m	13:21.68	Durban (RSA)	2016
10,000m	28:06.33	Durban (RSA)	2016
10km	27:52	Durban (RSA)	2022
12km	33:43	Cape Town (RSA)	2017
Half Marathon	1:01:01	Port Elizabeth (RSA)	2022
Marathon	2:19:21	Cape Town (RSA)	2021

Best Performances 2023

Run your City 10km Johannesburg, 29:07, 1st
South African 5km Road Running Championships, Johannesburg, 14:26, 1st
Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:04:33

Best Performances 2022

Nedbank Running Club Skosana Race, Pretoria 1:05:39, 1st
Two Oceans Half Marathon, 1:04:02, 10th
ABSA Run Your City 10km, Cape Town RSA, 28:24 3rd
ABSA RYC Durban 10km, Durban RSA, 27:52, 2nd
Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:01:01, 1st

Best Performances 2021

KZNA T&F League 5000m, Kings Park Athletics Stadium, Durban 14:16.59, 2nd
KZNA Ch.5000m, Kings Park Athletics Stadium, Durban 14:06.21, 2nd
ASA/KZNA Olympic Qualifier 5000m, Msunduzi Athletics Stadium, Pietermaritzburg 14:06.45, 4th
KZNA 10000m League, Kings Park Athletics Stadium, Durban 30:05.75, 7th
KZNA Ch.10000m, Kings Park Athletics Stadium, Durban 29:13.65, 4th



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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
Half Marathon	1:02:10	Gqeberha (RSA)	2023

Best Performances 2023

ABSA run your city 10km Gqeberha RSA, 28:07, 6th
 Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:02:10, 14th

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: George Kusche

PERSONAL DETAILS

NAME & SURNAME: George Kusche
DATE OF BIRTH: 6 August 1998
CLUB: Nedbank Running Club
GENDER: Male
NATIONALITY: South African

Personal Best Times

Event	Result	Venue	Date
Mile	3:57.74	Geneva (USA)	2021
5000m	13:28.95	Boston (USA)	2021

Best Performances 2024

AGN League 3, 5000m, Pilditch Stadium, RSA, 14:20.52, 2nd
AGN League 5, 5000m, Pilditch Stadium, RSA, 14:29.50, 1st
AGN U16, U18, U20 & Senior Champs, 5000m, Pilditch Stadium, RSA, 14:41.62, 2nd



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