



**TWO OCEANS MARATHON  
2025  
MALE ATHLETES - CV'S 56KM**





**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
10km	29:42	Preotia (RSA)	2024
Half Marathon	1:03:13	Johannesburg (RSA)	2022
Marathon	2:18:36	Soweto (RSA)	2025
50km	2:39:41	Port Elizabeth (RSA)	2023



**Best Performances 2025**

Pirates Half Marathon, 1:08:45, 4<sup>th</sup>  
 Biogen Half Marathon, 1:08:59

**Best Performances 2024**

Dischem Half Marathon, 1:05:41, 1<sup>st</sup>  
 Two Oceans 56km, 3:09:30, 1<sup>st</sup>  
 ABSA RYC 10km Tshwane, 29:42  
 ABSA RYC 10km JHB, 30:47  
 Soweto Marathon, 2:18:36, 1<sup>st</sup>

**Best Performances 2023**

SA Run4Cancer 48km, 2:37:57, 1<sup>st</sup>  
 Comrades Marathon - Down Run (RSA) 87km, 5:59:08  
 Nedbank Runified 50km, 2:39:41, 2<sup>nd</sup>

**Best Performances 2022**

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

**Best Performances 2021**

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





**CURRICULUM VITAE: Lucky Mohale**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Lucky Mohale  
**DATE OF BIRTH:** 21 August 1985  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South African

**PERSONAL BEST TIMES**

<u>Distance</u>	<u>Year</u>	<u>Venue</u>	<u>Time</u>
10km	Paarl (RSA)	2010	28:31
15km	Pretoria (RSA)	2015	44:56
25km	Pretoria (RSA)	2013	1:18:45
Half Marathon	Cape Town (RSA)	2012	1:01:08
Marathon	Casablanca (MAR)	2010	2:13:35

**Best Performances 2025**

Johnson Crane Hire Half Marathon, 1:07:27, 2<sup>nd</sup>

**Best Performances 2024**

Mpumalanga Marathon, 2:20:25, 2<sup>nd</sup>  
 ABSA RYC 10km Tshwane, 29:39, 7<sup>th</sup>  
 Foskor Half Marathon, 1:04:29, 1<sup>st</sup>

**Best Performances 2023**

Cape Twon Marathon, 2:17:14, 18<sup>th</sup>

**Best Performances 2022**

ABSA RYC Durban 10k, Durban, 29:17  
 Nelson Mandela Bay Half Marathon, Gqeberha, 1:03:43





**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	28:55	Cape Town (RSA)	2024
15km	46:47	Cape Town (RSA)	2013
Half Marathon	1:02:15	Port Elizabeth	2023
Marathon	2:21:27	RSA	2023



**PERSONAL PERFORMANCES 2024**

Peninsula Marathon, 2:22:25, 1<sup>st</sup>  
 Two Oceans 56km, 3:09:58, 2<sup>nd</sup>  
 Voet van Afrika Marathon, 2:32:53, 1<sup>st</sup>  
 Weskus Marathon, 2:24:22, 1<sup>st</sup>  
 Meiringspoort Half Marathon, 1:00:46, 1<sup>st</sup>

**PERSONAL PERFORMANCES 2023**

Weskus Marathon, 2:21:27, 1<sup>st</sup>  
 Klein Karoo Street Mile (Eden Street Miles), Oudtshoorn RSA, 4:19.57, 12<sup>th</sup>  
 ATKV Street Mile (Eden Street Miles), Hartenbos RSA, 4:23.18, 11<sup>th</sup>  
 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, 2<sup>nd</sup>

**PERSONAL PERFORMANCES 2020**

Cape Peninsula Half Marathon, Cape Town 1:05:25, 3<sup>rd</sup>

**PERSONAL PERFORMANCES 2019**

Outeniqua (swd) 21km 1:09:57, 1<sup>st</sup>  
 Cango (swd) 21km 1:08:37, 4<sup>th</sup>  
 Beaufort West Kanniedood (swd) 21km 1:07:28, 1<sup>st</sup>  
 27 For Freedom (wp) 27km 1:35:29, 3<sup>rd</sup>





**CURRICULUM VITAE: Sithembiso Mqhele**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Sithembiso Mqhele  
**DATE OF BIRTH:** 18 February 1991  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South African

**PERSONAL BEST TIMES**

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
5000m	15:19.17	Stellenbosch (RSA)	2021
10km	31:13	Cape Town (RSA)	2022
12km	39:35	Cape Town (RSA)	2021
Marathon	2:18:33	Cape Town (RSA)	2021
50km	2:51:25	Eastern Province (RSA)	2024
Comrades	5:57:44	Durban (RSA)	2024



**Best Performances 2024**

Runified 50km, 2:51:25, 4<sup>th</sup>  
 Comrades Marathon - Up Run (RSA) 86km, 5:57:44  
 1 City Marathon, 2:21:20, 4<sup>th</sup>

**Best Performances 2023**

Durban International Marathon, Durban, RSA, 2:25:34  
 Bay to Bay 30km, 1:36:34, 2<sup>nd</sup>  
 Two Oceans 56km, 3:14, 9<sup>th</sup>

**Best Performances 2022**

ABSA Run Your City 10km, Cape Town, RSA, 31:13  
 OUTsurance Gun Run, Cape Town, RSA, 1:09:18  
 Cape Peninsula Marathon, Cape Town, RSA, 2:22:00, 1<sup>st</sup>  
 Two Oceans 56km, 3:14, 7<sup>th</sup>

**Best Performances 2021**

WPA Track & Field Championship 5000m, Cape Town, RSA, 15:25.11, 9<sup>th</sup>  
 Invitational Middle Distance Track Series 5000m, Stellenbosch, RSA, 15:19.17, 2<sup>nd</sup>  
 Cape Town 12K CITYRUN, Cape Town, RSA, 39:35  
 Sanlam Cape Town Marathon, RSA, 2:18:33





**CURRICULUM VITAE: Rueben Mosiane**

**PERSONAL DETAILS**

**NAME & SURNAME:** Rueben Mosiane  
**DATE OF BIRTH:** 12 April 1997  
**CLUB:** Nedbank Running Club  
**GENDER:** Male  
**NATIONALITY:** South African

**Personal Best Times**

Event	Result	Venue	Date
Marathon	2:23:11	Klerksdorp (RSA)	2023

**Best Performances 2025**

Balwin Sport Pretoria Marathon, 2:26:50, 1<sup>st</sup>

**Best Performances 2024**

Intercare Classic Half Marathon, 1:09:00, 3<sup>rd</sup>  
Tshwane North Ultra 50km, 2:56:53, 1<sup>st</sup>  
SA Run4Cancer Ultra Marathon 48km, 2:52:29, 2<sup>nd</sup>

**Best Performances 2023**

Klerksdorp Marathon, 2:23:11, 1<sup>st</sup>





**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

**Best Performances 2025**

Old Mutual Harare Marathon, 2:26:52,

**Best Performances 2024**

Two Oceans 56km, 3:14:41, 10<sup>th</sup>  
Comrades Marathon, 5:57:16

**Bests Performance 2023**

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

**Bests Performance 2022**

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





**CURRICULUM VITAE: Ngonidzashe Ncube**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Ngonidzashe Ncube  
**DATE OF BIRTH:** 12 July 1986  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Zimbabwe

**PERSONAL BEST TIMES**

Distance	Time	Venue	Year
Half Marathon	1:03:43	Gutu (ZIM)	2022
Marathon	2:11:46	Enschede (NED)	2022
50km	2:41:51	Port Elizabeth (RSA)	2023

**Best Performances 2025**

Kazungula Marathon, 2:20:03, 3<sup>rd</sup>

**Best Performances 2023**

Nedbank Runified 50km, 2:42:51, 4<sup>th</sup>  
 World Athletics Championships Marathon, Budapest 2:17:02  
 Nelson Mandela Bay Half Marathon, Gqeberha, 1:03:44

**Best Performances 2022**

Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:03:43  
 Enschede Marathon, Enschede NED, 2:11:46, 7<sup>th</sup>  
 Generali München Marathon, München GER, 2:15:39, 8<sup>th</sup>

**Best Performances 2021**

Xiamen Marathon & Tuscany Camp Global Elite Race, Siena/ITA 2:12:25  
 Sanlam Cape Town Marathon, Cape Town RSA, 2:12:49, 10<sup>th</sup>

**Best Performances 2020**

Soweto Half Marathon & 10km, Soweto 1:08:42, 7<sup>th</sup>  
 Petro SA Marathon, Mossel Bay 2:14:15, 1<sup>st</sup>  
 IAAF World Championships in Athletics, Corniche, Doha 2:18:42

**Best Performances 2019**

Gaborone Marathon, Gaborone BOT 2:17:50, 3<sup>rd</sup>  
 Cape Town Marathon, Cape Town 2:20:51





**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
Two Oceans	3:12:47	Cape Town (RSA)	2024
Comrades	5:27:48	Durban (RSA)	2024

**World Athletics Profile Link:**

<https://worldathletics.org/athletes/ethiopia/yohannes-degefa-14782788>

**Best Performances 2024**

Two Oceans 56km, 3:12:47, 7<sup>th</sup>  
 Comrades Marathon Up run 86km, 5:27:48. 3<sup>rd</sup>

**Best Performances 2023**

Two Oceans 56km, 3:12:49, 6<sup>th</sup>





**CURRICULUM VITAE: Daba Ifa Debele**

**PERSONAL INFORMATION**

**FIRST NAMES / SURNAME:** Daba Ifa Debele  
**DATE OF BIRTH:** 13 November 1995  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Ethiopia

**Personal Bests**

<b>Event</b>	<b>Result</b>	<b>Venue</b>	<b>Date</b>
10km	30:48	Luanda (ANG)	2015
Marathon	2:18:58	Soweto (RSA)	2022

**World Athletics Profile Link:**

<https://worldathletics.org/athletes/ethiopia/daba-debele-14735702>

**Best Performances 2024**

Soweto Marathon, 2:25:36

**Best Performances 2023**

Soweto Marathon, 2:19:57, 2<sup>nd</sup>

**Best Performances 2022**

Soweto Marathon, 2:18:58, 1<sup>st</sup>





**CURRICULUM VITAE: Tsepo Mathibelle**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Tsepo Mathibelle  
**DATE OF BIRTH:** 30 Jun 1991  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Lesotho

**PERSONAL BEST**

<b>Event</b>	<b>Result</b>	<b>Place</b>	<b>Date</b>
5000m	14:13	Maputo (MOZ)	2011
10000m	31:93	Durban (RSA)	2011
Half Marathon	1:04:31	Port Elizabeth (RSA)	2021
Marathon	2:13:50	Beijing (CHN)	2017

**Personal Performances 2024**

1 City Marathon, 2:27:01

**Personal Performances 2023**

JTBC Seoul Marathon, Seoul, 2:20:04, 7<sup>th</sup>

**Personal Performances 2022**

Soweto Marathon, 2:25:17, 14<sup>th</sup>





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



# NEDBANK RUNNING CLUB



## CURRICULUM VITAE: DEANNE LAUBSCHER

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Deanné Laubscher  
**DATE OF BIRTH:** 26 Junie 1988  
**CLUB:** Nedbank Running Club CGA  
**NATIONALITY:** South African

### PERSONAL BEST TIMES

Distance	Time	Venue	Year
Marathon	2:47:49	North West (RSA)	2020
50km	3:25:54	Hyderabad (IND)	2023
Comrades	6:28:41	KZN (RSA)	2024
100km	8:22:19	Sveti Murtin (Croatia)	2018

### Best Performances 2025

Peninsula Marathon, 2:53:51, 2<sup>nd</sup>

### Best Performances 2024

Peninsula Marathon, 2:47:51, 2<sup>nd</sup>  
City2City 50km, 3:31:33, 3<sup>rd</sup>  
Comrades Marathon - Up Run (RSA) 86km, 6:28:41, 11<sup>th</sup>  
Cape Town Marathon, 2:53:04

### Best Performances 2023

Hyderabad Ultra Marathon - 50km open race (IND), 3:25:54, 10<sup>th</sup>  
Comrades Marathon - Down Run (RSA) 87km, 6:36:56, 13<sup>th</sup>  
N12 Ultra Marathon (RSA) 50km, 3:34:35, 4<sup>th</sup>  
50Km Nedbank Ultra Marathon Runified - women's race (RSA) 50km, 3:33:43, 12<sup>th</sup>

### Best Performances 2020

Aurum Klerksdorp Marathon 2:47:49, 1<sup>st</sup>

### Best Performances 2019

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





**CURRICULUM VITAE: Galaletsang Mekgoe**

**PERSONAL INFORMATION**

**FIRST NAMES / SURNAME:** Galaletsang Mekgoe  
**COUNTRY:** South Africa  
**DATE OF BIRTH:** 1995/10/17  
**CLUB:** Nedbank Running Club

**Best Performances 2024**

Runified 50km, 3:35:56, 6<sup>th</sup>  
Vaal River City Marathon, 2:58:31

**Best Performances 2023**

Nedbank Runified 50km 3:33:23, 11<sup>th</sup>  
Comrades Marathon (Down Run), 6:31:19, 11<sup>th</sup>

**Best Performances 2022**

Nedbank Runified 50km 3:30:24, 7<sup>th</sup>  
Comrades Marathon (Down Run), 6:42:53, 5<sup>th</sup>  
Soweto Half Marathon, 1:25:42, 3<sup>rd</sup>

**Best Performances 2021**

Spar Ladies Pietermaritzburg, 39min  
Spar Ladies Pretoria, 39min  
Spar Ladies Johannesburg, 38min  
Northwest provincial 10km champs, 38mins, 1<sup>st</sup>

**Best Performances 2020**

Intercare classic 21km, 1hr 27mins, 2<sup>nd</sup>  
ANWN Provincial champs 10km Tsitsing position, 38mins, 1<sup>st</sup>





**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](mailto:kelbel99@gmail.com)

**PERSONAL BEST TIMES**

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Date:</u>
Marathon	2:50:10	Berlin	2024

**Best Performances 2025**

Peninsula Marathon, 3:07:27, 8<sup>th</sup>

**Best Performances 2024**

Peninsula Marathon, 2:55:10, 3<sup>rd</sup>  
Two Oceans 56km, 4:05:20, 17<sup>th</sup>  
Comrades Marathon, 6:56:10, 23<sup>rd</sup>  
Berlin Marathon, 2:50:29

**Best Performances 2023**

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

**Best Performances 2022**

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





**CURRICULUM VITAE: Bernadene Mcloud**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Bernadene Mcloud  
**DATE OF BIRTH:** 2 March 1995  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South African

**PERSONAL BEST TIMES**

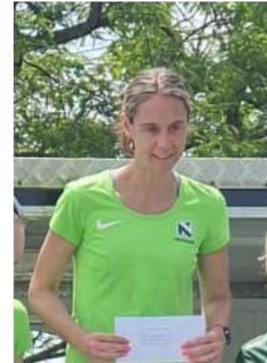
<b>Distance</b>	<b>Time</b>
10km	37:26
21km	1:23:45
Marathon	3:03:35

**Best Performances 2024**

RAC Tough One 32km, 2:23:52, 1<sup>st</sup>

**Best Performances 2023**

Waterfall City Half Marathon, 1:24:33, 3<sup>rd</sup>  
Wingate The Moo'se Race, 38:56, 1<sup>st</sup>  
Spar Women's Challenge Tshwane 10km, 38:40  
Cape Town Marathon, 3:05:01  
RAC Tough One 32km, 2:23:57, 1<sup>st</sup>





**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 2025**

Peninsula Marathon, 2:55:01, 3<sup>rd</sup> (SA Marathon Champ)

**Best Performances 2024**

Cango Marathon, 2:51, 1<sup>st</sup>  
Two Oceans, 4:11:23  
Comrades Marathon, 6:40:46, 16<sup>th</sup>

**Best Performances 2023**

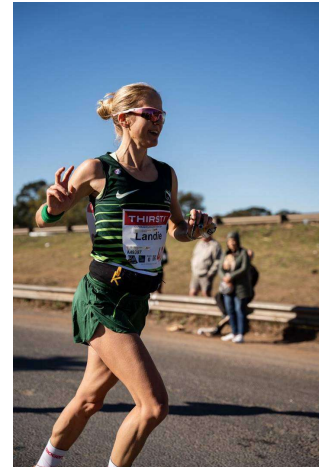
Merrell Whale of Trail (RSA) 53km, 5:43:25, 1<sup>st</sup>  
World Mountain & Trail Running Championships 2023 (WMTRC) 45km, 5:43:36

**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





**CURRICULUM VITAE: Jenna Challenor**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Jenna Challenor  
**DATE OF BIRTH:** 6 July 1981  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South African

**PERSONAL BEST TIMES**

Distance	Time	Location	Year
10km	34:25	Cape Town (RSA)	2017
21km	1:14:12	København (DEN)	2014
Marathon	2:36:50	Valencia (ESP)	2019
Two Oceans 56km	3:47:27	Cape Town (RSA)	2017
Comrades	6:35:18	Durban(RSA)	2019

**Best Performances 2025**

Best of the Best Marathon, Durban, 2:56:18, 3<sup>rd</sup>  
 Peninsula Marathon ASA Marathon Championships, 2:51:24, 1<sup>st</sup>

**Best Performances 2024**

Durban International Marathon, Durban, 2:52:56, 7<sup>th</sup>

**Best Performances 2022**

Dolphin Coast Marathon, Durban, 2:58:19, 2<sup>nd</sup>  
 SPAR Grand Prix 10km Durban, 34:57, 16<sup>th</sup>  
 Threshold Hillcrest Half Marathon, Durban, 1:19:40, 1<sup>st</sup>  
 Spar Ladies Grand Prix Series 10km Gqeberha, 35:17, 18<sup>th</sup>  
 Best of Best, Durban, 2:51:41, 2<sup>nd</sup>





CURRICULUM VITAE: **Worke Degu Amena**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Worke Degu Amena  
**DATE OF BIRTH:** 18 January 1994  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Ethiopia

**PERSONAL BEST**

Event	Result	Venue	Date
5000m	16:44.02	Jahnstadion(GER)	2022
Half Marathon	1:18:03	Hyderabad (IND)	2012
Marathon	2:38:10	Durban (RSA)	2024

**PERSONAL PERFORMANCES 2024**

Durban International Marathon, 2:38:10, 3<sup>rd</sup>  
Soweto Marathon, 2:48:11

**PERSONAL PERFORMANCES 2022**

Internationales Sparkassenmeeting, Jahnstadion, Osterode GER, 16:44.02, 1<sup>st</sup>  
Oelder Sparkassen Citylauf, Oelde GER, 34:39, 7<sup>th</sup>  
Gütersloher DJK Halbmarathon, Gütersloh GER, 1:18:20, 1<sup>st</sup>





**CURRICULUM VITAE: Meseret Mengistu**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Meseret Mengistu  
**DATE OF BIRTH:** 6 March 1990  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Ethiopia



**PERSONAL BEST**

Event	Result	Venue	Date
10km	31:32	Atlanta, GA (USA)	2009
Half Marathon	1:18:03	Hyderabad (IND)	2012
Marathon	2:38:10	Durban (RSA)	2024

**PERSONAL PERFORMANCES 2024**

Federal Police Marathon Addis Ababa, 2:37:34

**PERSONAL PERFORMANCES 2018**

Xiamen International Marathon, Xiamen, 2:30:15, 3<sup>rd</sup>





**TWO OCEANS MARATHON  
2024  
MALE ATHLETES - CV'S 21KM**





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 2025**

Biogen Half Marathon, 1:05:56, 1<sup>st</sup>

**Best Performances 2024**

Absa Run Your City Joburg 10km, 29:35, 4<sup>th</sup>  
 NMB Half Marathon, Pollock Beach, Gqeberha, 1:04:04, 2<sup>nd</sup>  
 African Games, University of Ghana Sports Stadium, Accra, Half Marathon, 1:05:58, 4<sup>th</sup>

**Best Performances 2023**

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

**Best Performances 2022**

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





**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, 4<sup>th</sup>  
 du Puy en Velay 15 Km, Le Puy-en-Velay FRA, 44:23, 3<sup>rd</sup>  
 EDP Lisbon Half Marathon, Lisboa - Elite Event POR, 1:01:42, 6<sup>th</sup>  
 Two Oceans Half Marathon, 1:04:40, 1<sup>st</sup>  
 ADNOC Abu Dhabi Marathon, Abu Dhabi, 2:09:14, 8<sup>th</sup>  
 Absa Run Your City Tshwane 10km, 29:50, 10<sup>th</sup>  
 Absa Run Your City Durban 10km, 27:54, 3<sup>rd</sup>

**Best Performances 2023**

Urban Trail de Lille 10km, FRA, 27:45, 6<sup>th</sup>  
 Nelson Mandela Bay Half Marathon, RSA, 1:00:29, 1<sup>st</sup>  
 World Athletics Road Running Championships, LAT, 59:52, 6<sup>th</sup>  
 NMBM Kariega Human Race Half Marathon, 1:03:36, 1<sup>st</sup>  
 ABSA run your city 10km, 27:52, 3<sup>rd</sup>

