



CURRICULUM VITAE: Boy Soke

PERSONAL INFORMATION

SURNAME: Soke
FIRST NAMES: Boy
COUNTRY: R.S.A
DATE OF BIRTH: 11 February 1983
ID: 830211 5712 087
CLUB: Nedbank Running Club
OCCUPATION: Athlete

PERSONAL PERFORMANCES 2004

Inter Prov Champs 10km, 5th, time: 30:20

PERSONAL PERFORMANCES 2007

Nedbank JHB City 10km, 1st, time: 29:41
 Nedbank Cape Town 10km, 1st, time: 29:00
 Nedbank Soweto 10km, 1st, time: 29:12

PERSONAL PERFORMANCES 2009

Nedbank Durban 10km, time: 29:43
 Clover (EP) 10km, 3rd, time: 29:43
 PetroSA (SWD) 10km, 3rd, time: 28:28
 Nedbank SA Champs 10km, time: 29:17
 Nedbank Bloemfontein 21km, time: 1:04:55

PERSONAL PERFORMANCES 2006

Nedbank Series (CGA) 10km, 1st, time: 30:14
 SA Champs 10km, 1st, time: 28:39

PERSONAL PERFORMANCES 2008

Nedbank PE 21km, 3rd, time: 1:02:18
 Clover (EP) 10km, 1st, time: 28:49
 Nedbank ASA (bol) 10km, 2nd, time: 28:56



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