



COMRADES MARATHON  
2010  
MEN ATHLETES CV'S



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**PERSONAL INFORMATION**

**SURNAME:** Mokgadi  
**FIRST NAMES:** Harmans  
**COUNTRY:** R.S.A  
**DATE OF BIRTH:** 21/09/1975  
**ID:** 750921 5284 087  
**CLUB:** Nedbank Running Club, Tshwane - Gauteng North  
**OCCUPATION:** Athlete  
**OTHER SPORT:** Cricket and Netball

**PERSONAL BEST PERFORMANCES**

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
10 Km	30:49	PAC 10km, Pretoria, South-Africa	2003
21.1 Km	65:25	Nedbank, Tshwane, South-Africa	2009
42.2 Km	2:21:00	Soweto marathon, Johannesburg, South-Africa	2003
50 Km	2:48:42	Loskop, Mpumulanga, South-Africa	2007
56 Km	3:13:12	Two Oceans, Cape Town, South-Africa	2005
Comrades	5:44:49	Comrades marathon, Piet, South-Africa	2009

**PERSONAL PERFORMANCES 2004**

Soweto Marathon 42 km time: 2:27:00  
 Comrades' marathon, 12<sup>th</sup>, time: 5:54:28

**PERSONAL PERFORMANCES 2005**

Two Oceans Marathon 56km 8<sup>th</sup> time: 3:13:12  
 Comrades Marathon time: 6:06:00

**PERSONAL PERFORMANCES 2006**

Comrades Marathon, time: 6:12:02

**PERSONAL PERFORMANCES 2007**

Ottosdal 42km, 2<sup>nd</sup> time: 2:37:11  
 Loskop ultra marathon 50km, 3<sup>rd</sup>, time: 2:48:42  
 Comrades' marathon, 14<sup>th</sup>, time: 5:55:45

**PERSONAL PERFORMANCES 2008**

Loskop 50km ultra, 1<sup>st</sup>, time: 2:51:42  
 Ottosdal 21km, 1<sup>st</sup>, time: 70:30  
 Vodacom 42km, Potchefstroom, 1<sup>st</sup>, time: 2:28:00  
 Comrades' marathon, 6<sup>th</sup>, time: 5:47:10 (1<sup>st</sup> South-African)

**PERSONAL PERFORMANCES 2009**

Nedbank Tshwane 21kn, time: 1:15:25  
 Omdie Dam 50km, 5<sup>th</sup>, time: 3:01:30  
 Ottosdal 42km, 1<sup>st</sup>, time: 2:35  
 Comrades Marathon, Pietermaritzburg, 10<sup>th</sup>, time: 5:44:49  
 IAU 50 km World Trophy Final (Gibraltar), 7<sup>th</sup>, time: 3:13:52

**PERSONAL PERFORMANCES 2010**

Ottosdal 42km, 5<sup>th</sup>, time: 2:44:13  
 Om die Dam 50km, time: 3:15:02



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## CURRICULUM VITAE: JOSIAH THUGWANE

### PERSONAL INFORMATION

**SURNAME:** Thugwane  
**FIRST NAMES:** Josiah  
**COUNTRY:** R.S.A  
**DATE OF BIRTH:** 15/04/1971  
**ID:** 710415 5540 084  
**CLUB:** Nedbank Running Club, Tshwane - Gauteng North  
**MARITAL STATUS:** Married  
**OCCUPATION:** Athlete  
**HOBBIES:** All sports  
**OTHER SPORT:** Soccer



### PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
<b>21.1 Km</b>	63:41	Two Oceans 21km, Cape Town, South-Africa	2002
<b>42.2Km</b>	2:07:28	Foukoka marathon, International	1997
<b>50 Km</b>	2:44:03	Loskop ultra marathon, Mpumalanga, South-Africa	2005
<b>56 Km</b>	3:09:46	Two Oceans 56km, Cape Town, South-Africa	2007

### NATIONAL PERFORMANCES

S.A. Championships 42.2km 1993 1<sup>st</sup>, time: 2:11:58  
 S.A. Championships 42.2km 1996 1<sup>st</sup>, time: 2:11:46

### INTERNATIONAL PERFORMANCES

London Marathon 42.2km 3<sup>rd</sup>, time: 2:08:06  
 Foukoka Marathon 42.2km 1<sup>st</sup>, time: 2:07:28  
 Atlanta Olympic Games 1996, 42.2km 1<sup>st</sup>, 2:12:02

### PERSONAL PERFORMANCES 2002

Nagan Marathon 1<sup>st</sup>, time: 2:12:26  
 Two Oceans 21km 1<sup>st</sup>, time: 63:41

### PERSONAL PERFORMANCES 2003

Nagan Marathon 2<sup>nd</sup>, time: 2:14:13

### PERSONAL PERFORMANCES 2005

Loskop 50km 1<sup>st</sup>, time: 2:44:03  
 Keloggs Striders 32km 1<sup>st</sup>, time: 1:44:50  
 Kosmos 3 in 1 1<sup>st</sup> 10km, time: 31:26

### PERSONAL PERFORMANCES 2006

Loskop Ultra 50km 2<sup>nd</sup>, time: 2:49:23  
 Lemoenbloeisel 32km, 2<sup>nd</sup>

### PERSONAL PERFORMANCES 2007

Two Oceans 56km ultra marathon, 2<sup>nd</sup>, time: 3:09:46

### PERSONAL PERFORMANCES 2008

Bronkhorstspuit 32km, 1<sup>st</sup>, time: 1:46:42  
 Exxaro Matla Black Gold 42km, 1<sup>st</sup>, time: 2:24:56

### PERSONAL PERFORMANCES 2009

Kosmos 3 in 1 42km, 3<sup>rd</sup>, time: 2:30:33  
 Loskop (Mpu) 50km, 1<sup>st</sup>, time: 2:47:53

### PERSONAL PERFORMANCES 2010

Kosmos 3in1 42km, 1<sup>st</sup>, time: 2:23:33  
 Standerton 4in1 21km, 4<sup>th</sup>, time: 1:09:16



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## CURRICULUM VITAE: JOSH COX

### PERSONAL INFORMATION

**SURNAME:** Cox  
**FIRST NAMES:** Josh  
**COUNTRY:** USA  
**AGE:** 33  
**CLUB:** Nedbank Running Club



### Personal Bests

1500m	3:49	N.C. State University
3000m	8:15	Cornell University
4 miles	18:20	Malibu, CA
10 miles	47:32	San Diego, CA
Half-Marathon	1:03:58	Las Vegas, Nevada
Marathon	2:13:54	Chicago, Illinois
50k	2:47:17	Phoenix, Arizona

### Personal Performances 2009

27<sup>th</sup> Annual California International Marathon, 2<sup>nd</sup>, time: 2:13:51

### Ultra-Marathon

50k American Record Holder  
 Won 2009 P.F. Chang's Rock 'N' Roll 50k, Phoenix, Arizona  
 Won and set course record at the 1997 Mountain Masochist 50 Mile Trail Run, Virginia

### Marathon

Three-time Olympic Trials qualifier  
 Won 2008 Rocket City Marathon, Huntsville, Alabama  
 Won and set course record at 2007 US Air Force Marathon, Dayton, Ohio  
 World record treadmill marathon - Boston, April 2004  
 Placed 7th at 2004 United States Olympic Trials Marathon  
 Ranked 3rd in the United States for the marathon in 2001  
 Top American at 2001 World Track & Field Championships Marathon  
 2nd American at the Boston Marathon 2001  
 Fourth fastest marathon time in the United States for 2000  
 Placed 10th at the 2000 Chicago Marathon  
 Placed 9th at the 1999 Suzuki Rock 'n' Roll Marathon - Top American  
 Youngest qualifier 2000 US Olympic Marathon Trials



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### Half Marathon

2nd American at World Half Marathon Championships  
New Delhi, India 2004  
Won and set course record at 2002 Stralivigno Half Marathon  
Livigno, Italy  
2002 Las Vegas Half Marathon Champion

### Miscellaneous

Anchor leg for US National Relay Team- Chiba, Japan

### Full Resume

Three-time Olympic Trials qualifier  
Three-time US National Team Member  
American 50k Record Holder, 2:47:17  
Won 2009 P.F. Chang's Rock 'N' Roll 50k, Phoenix, Arizona  
Won 2008 Rocket City Marathon, Huntsville, Alabama  
Won and set course record at 2007 US Air Force Marathon, Dayton, Ohio  
2nd American at 2004 World Half Marathon Championships, New Delhi, India  
Member 2004 US National Half Marathon Team  
World record treadmill marathon, April 2004, Boston, MA  
Placed 7th at 2004 United States Olympic Trials Marathon  
Won and set course record at 2002 StraLivigno Half Marathon - Livigno, Italy  
Won 2002 Las Vegas Half Marathon - 1:03  
Ranked 3rd by Track & Field News in the United States for the marathon in 2001  
Top American 2001 World Track & Field Championships  
Placed 6th at Wharf to Wharf 6 miler-Santa Cruz, CA  
Placed 14th at 2001 Boston Marathon, 2nd American  
Anchor leg for US National Relay Team - Chiba, Japan, Nov. 2000  
Fourth fastest marathon time in the United States for 2000  
Placed 10th - The Chicago Marathon  
Placed 5th - The Virginia 10 Miler  
Placed 2nd - US 20k National Championships-New Haven, CT  
Placed 18th - The United States Olympic Trials Marathon  
Youngest qualifier for the 2000 U.S. Olympic Marathon Trials  
Won the Red Bull Catalina Man Relay  
Placed 9th - 1999 Suzuki Rock 'n' Roll Marathon-Top American  
Placed 3rd - 1999 Dr. Seuss 8k Race for Literacy  
Won the 1999 La Jolla Half Marathon  
Placed 3rd - 1998 Outdoor IC4A 10,000m-earning All East honors  
Placed 2nd - 1998 Indoor IC4A 3000m-earning All East honors  
Won & set course record at 1997 Mountain Masochist 50 Mile Trail Run  
Placed 2nd - 1997 Indoor IC4A 3000m-earning All East honors  
Placed 4th - The Virginia Ten Miler in 1996 and 1997  
1996 Big South Cross Country Runner of the Year  
Won and set course record on South Carolina 8k cross-country course  
1995 Big South Cross Country Runner of the Year  
Division I scholarship athlete at Liberty University in Lynchburg, Virginia  
1992 California First Team All-State Cross Country Team  
1992 San Diego C.I.F. Cross Country Champion  
1991 San Diego C.I.F. Cross Country Champion



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## CURRICULUM VITAE: János ZABARI

### PERSONAL INFORMATION

**SURNAME:** ZABARI  
**FIRST NAMES:** János  
**COUNTRY:** Magyar (HUN)  
**DOB:** 1968.02.23.  
**CLUB:** Nedbank Running Club



### PERSONAL BEST PERFORMANCES

Best marathon time: 2:20:14  
 2006. Tourhout 100km European Ch. 6:54:13

### PERSONAL PERFORMANCES 2003

Zágráb- Cazma, 61 km, 3h47:07, 2.Pozition  
 Bükki Mountain marathon, 2h38:35, 2.Pozition  
 Around the Fertő-Lake Hungary (120km -2 days) 4h12:59 + 4h03:16 1.Pozition  
 Kaiser's marathon Hungarian Ch. 2h31:41, 8. Position

### PERSONAL PERFORMANCES 2004

Zágráb- Cazma, 61 km, 3h44:3, 4. Position  
 Kaiser's marathon Hungarian Ch, 2h28:16, 3. Position

### PERSONAL PERFORMANCES 2005

Zagrab -Csazma, 3h44.32, 3.Pozition  
 Castelbolognese 50km 2.Pozition 2h57', around theFertó lake 1.Pozition-7h55:22  
 1day. 65km-3h59:34, 2day.60km-3h55:48  
 Bükki Mountain marathon, 1.Pozition 2h36:53  
 Hungaryan 50km Ch.3h02:08, 2.Pozition

### PERSONAL PERFORMANCES 2006

03. 26. Zagrab-Cazma 61 350 m 3:55:02, 1. Position



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- 04. 09. Országos Maratoni 42 195 m 2:33:35, 14. Position
- 04. 25. Di-Romagna 50 km 3:11:41, 5. Position
- 05. 20. Bánvölgye Félmaraton 1:13:13, 2. Position
- 05. 27. Bükki Hegyimaraton 2:41:29, 1. Position (mountain)
- 06. 16. Tourhout 100km European Ch. 6:54:13, 9. Position**
- 10. 19 -23. Bécs-Budapest 320 km 23:15:07, 3. Position
- 11. 05. Miskolci Barátság Marathon 2:41:17, 1. Pozition (mountain)

#### **PERSONAL PERFORMANCES 2007**

- 03.25. Zagrab-Cazma 61 350 m 3:54:18 mp, 1. Position
- 04.29. Bécs Maraton „rabbit” for women 2:42:32
- 05.20. Ózdi Hegyi Félmaraton 1:23:44, 2. Position
- 05.26. Tisza-Tó kör 70 km 4:34:58 (course record), 1. Position
- 06.02. Sajókápolna Csúcsfutás 4 km 19:30, 1. Position
- 06.03. K&H Váltó 7 km 23:18, Team 1. Position
- 06.23. Bükki Hegyimaraton 2:42:33, 2. Position (mountain)
- 09.09. Winschoten 100km W. Cup 6:52:31 10. Position**
- 10.19-23. Wien-Bratislava-Budapest 4. Position 24:34:37

#### **PERSONAL PERFORMANCES 2009**

- 03. 22. Zágráb – Cazma, 61. 350 m, 4:07:59, 3. Position
- 04. 25. Castel – Bolognese, 50 km, 3:13:21, 5. Position
- 05. 09. Montrail Bükk 60, 60 km (trail), 5:22:00, 4. Position
- 06. 19. 100 km-es EB-V.K. Torhout, 7:19:41, 24. Position
- 06. 27. Bükki Hegyi Maraton, 42,4 km (trail), 2:56:56, 2. Position
- 08. 30. Galtür hegyi maraton, 42,3 km (trail), 3:21:21, 3. Position
- 09. 19. Nykobing, 100 Mérföld, 15:05:20, 2. Position**
- 10. 19 - 23. Bécs – Budapest, 320 km, 25:03:13, 2. Position



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## CURRICULUM VITAE: LUCAS NONYANA

### PERSONAL INFORMATION

**SURNAME:** Nonyana  
**FIRST NAMES:** Lucas  
**COUNTRY:** R.S.A.  
**DATE OF BIRTH:** 1979/08/02  
**ID:** 790802 5538 080  
**CLUB:** Nedbank Running Club, Tshwane - Gauteng North  
**OCCUPATION:** Athlete



### PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
42.2 Km	2:21:56	Nedbank Durban	2009
50 Km	2:55:50	Om Die Dam	2009
56 Km	3:20:52	Two Oceans, Cape Town, South-Africa	2008
Comrades'	5:39:29	Comrades marathon, Piet, South-Africa	2009

### PERSONAL PERFORMANCES 2004

Comrades' marathon, 20<sup>th</sup>, time: 6:02:13

### PERSONAL PERFORMANCES 2005

Hardekool 3 in 1 60km ultra, 1<sup>st</sup>, time: 3:53:30  
 Beefcor 24km, 3<sup>rd</sup>, time: 1:23:58  
 Bronkhorstspuit 32km, 3<sup>rd</sup>, time: 1:56:40

### PERSONAL PERFORMANCES 2006

Kosmos 3 in 1, 4<sup>th</sup>, time: 2:29:56  
 Jackie Gibson 42km, 2<sup>nd</sup>, time: 2:33:17  
 Comrades Marathon, 14<sup>th</sup>, time: 5:53:59

### PERSONAL PERFORMANCES 2007

Comrades Marathon, 9<sup>th</sup>, time: 5:47:40  
 Wally Hayward 42km, 3<sup>rd</sup>, time: 2:30:34  
 Akasia 3 in 1 42km, 4<sup>th</sup>, time: 2:38:28  
 Jackie Meckler ultra 50km marathon, 2<sup>nd</sup>, time: 2:59:21  
 Ottosdal 42km, 1<sup>st</sup>, time: 2:27:41

### PERSONAL PERFORMANCES 2008

Xstrata Longtom ultra 56km, 2<sup>nd</sup>, time: 3:43:21  
 Two Oceans ultra 56km, 16<sup>th</sup>, time: 3:20:52  
 Vodacom Challenge 42km, 4<sup>th</sup>, time: 2:33:21  
 Ottosdal 42km, 2<sup>nd</sup>, time: 2: 30:15  
 Sasol 42km, Free State, 4<sup>th</sup>, time: 2:29:30

### PERSONAL PERFORMANCES 2009

Nedbank Durban 42km, time: 2:21:56  
 Deloitte Pretoria 42km, 6<sup>th</sup>, time: 2:33:25  
 Om Die Dam 50km, 1<sup>st</sup>, time: 2:55:50  
 Xstrata Longtom 56km, 1<sup>st</sup>, time: 3:40:47  
 Wally Hayward 42km, 4<sup>th</sup>, time: 2:32:11  
 Comrades Marathon, Pietermaritzburg, 5<sup>th</sup>, time: 5:39:29  
 Karoo Ultra 80km, 1<sup>st</sup>, time: 5:12  
 IAU 50 km World Trophy Final (Gibraltar), 1<sup>st</sup>, time: 2:58:03

### PERSONAL PERFORMANCES 2010

Ottosdal Night race 42km, 1<sup>st</sup>, time: 2:32  
 Mafikeng 42km, 1<sup>st</sup>, time: 2:23  
 Om die Dam 50km, 4<sup>th</sup>, time: 2:56:19  
 Xstrata Longtom 56km, 1<sup>st</sup>, time: 3:36:44



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## CURRICULUM VITAE: PETER MUTHUBI

### PERSONAL INFORMATION

**SURNAME:** Muthubi  
**FIRST NAMES:** Peter  
**COUNTRY:** R.S.A.  
**DATE OF BIRTH:** 15/09/1981  
**ID:** 810915 5491 088  
**CLUB:** Nedbank Running Club, Tshwane - Gauteng North  
**LIC NO:** 2236  
**MARITAL STATUS:** Single  
**OCCUPATION:** Athlete



### PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
10 Km	31:37	Pmmc Nite race, Pretoria, South-Africa	2007
21.1Km	64:07	Vaal Half marathon	2010
42.2 Km	2:29:11	Ottosdal 42km, South-Africa	2008
50Km	2:59:37	Jackie Meckler, Pretoria, South-Africa	2007
56 Km	3:15:13	Two Oceans marathon, Cape Town, South-Africa	2008

### PERSONAL PERFORMANCES 2007

Longtom ultra 56km, 2<sup>nd</sup>, time: 3:35:33  
 Jackie Meckler ultra 50, 4<sup>th</sup>, time: 2:59:37  
 PMMC Nite race 10km, 6<sup>th</sup>, time: 31:38  
 Akasia 3 in 1 42km, 5<sup>th</sup>, time: 2:38:30  
 Nedbank Soweto marathon 42km, time: 2:32:36

### PERSONAL PERFORMANCES 2009

Deloitte Pretoria 21km, 7<sup>th</sup>, time: 1:08:10  
 Xstrata Longtom 21km, 8<sup>th</sup>, time: 1:12:12  
 Comrades Marathon, Pietermaritzburg, 17<sup>th</sup>, time: 5:54:51  
 City2City 50km, 4<sup>th</sup>, time: 3:00:57

### PERSONAL PERFORMANCES 2008

Ottosdal 42km, 1<sup>st</sup>, time: 2: 29:11  
 Sasol 42km, Free State, 6<sup>th</sup>, time: 2:31:26  
 Cape Gate Vaal 21km, 3<sup>rd</sup>, time: 68:20  
 Two Oceans ultra 56km, 7<sup>th</sup>, time 3:15:13

### PERSONAL PERFORMANCES 2010

Mccarthy Toyota 21km, 3<sup>rd</sup>, time: 1:05:30  
 Vaal Marathon 21km, 3<sup>rd</sup>, time: 1:04:07  
 Om die Dam 21km, 4<sup>th</sup>, time: 66:45  
 Two Oceans 56km, time: 3:17:31



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## CURRICULUM VITAE: HENRY MOYO

### PERSONAL INFORMATION

**SURNAME:** Moyo  
**FIRST NAMES:** Henry  
**COUNTRY:** Malawi  
**DATE OF BIRTH:** 8 October 1972  
**CLUB:** Nedbank Running Club



### PERSONAL PERFORMANCES 2006

Soweto Marathon, 9<sup>th</sup>, time: 2:22:22

### PERSONAL PERFORMANCES 2006

Two Oceans 56km, 6<sup>th</sup>, time: 3:12:09  
Nedbank Soweto Marathon, time: 2:30:27

### PERSONAL PERFORMANCES 2007

Two Oceans 56km, time: 2:20:11

### PERSONAL PERFORMANCES 2009

Two Oceans 56km, 5<sup>th</sup>, time: 3:12:23  
Soweto Marathon, time: 2:29:41



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## CURRICULUM VITAE: PETER MOLAPO

### PERSONAL INFORMATION

**SURNAME:** Molapo  
**FIRST NAMES:** Peter  
**COUNTRY:** R.S.A.  
**DATE OF BIRTH:** 1978/09/05  
**ID:** 780905 5576 083  
**CLUB:** Nedbank Running Club, Tshwane - Gauteng North  
**OCCUPATION:** Athlete



### PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
42.2 Km	2:29:26	Nedbank Durban, South Africa	2009
56 Km	3:43:35	Longtom, Mpumalanga, South-Africa	2008
Comrades'	5:42:25	Comrades marathon, Piet, South-Africa	2009

### PERSONAL PERFORMANCES 2006

Comrades 87km, time: 6:16:20  
 Xstrata Longtom ultra 56km, 7<sup>th</sup>, time: 4:02:43

### PERSONAL PERFORMANCES 2007

Comrades 89km, time: 6:21:08  
 Jock of the Bushveld 54km, 2<sup>nd</sup>, time: 3:14:16  
 PP Trust 32km, 1<sup>st</sup>, time: 1:58:21  
 Bela Bela Half marathon, 2<sup>nd</sup>, time: 71:10  
 Xstrata Longtom ultra, 56km, 8<sup>th</sup>, time: 3:55:02  
 Land of Legends 42km, 2<sup>nd</sup>, time: 2:34:38

### PERSONAL PERFORMANCES 2008

Potties 5 in 1, 42km, 1<sup>st</sup>, 2:35:02  
 Xstrata Longtom ultra, 56km, 3<sup>rd</sup>, time: 3:43:35  
 Medihelp Fordyce 50km, 9<sup>th</sup>, time: 3:29:40  
 Comrades 89km, 17<sup>th</sup>, time: 6:01:48

### PERSONAL PERFORMANCES 2009

Nedbank Durban 42km, time: 2:29:26  
 Xstrata Longtom 56km, 4<sup>th</sup>, time: 3:53:41  
 Comrades Marathon, Pietermaritzburg, 8<sup>th</sup>, time: 5:42:25

### PERSONAL PERFORMANCES 2010

Middelburg 5in 1, 42km, 6<sup>th</sup>, time: 2:38  
 Loskop 50km, time: 3:11:46



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### CURRICULUM VITAE:

#### PERSONAL INFORMATION

**SURNAME:** Chirchir  
**FIRST NAMES:** Shebbhas  
**COUNTRY:** Kenya  
**DATE OF BIRTH:** 26-Nov-1985  
**CLUB:** Nedbank Running Club Gauteng North

#### PERSONAL PERFORMANCES 2008

Mccarthy Volkswagen 10km, time: 32:54  
 Montana Crossing 10km, time: 32:24

#### PERSONAL PERFORMANCES 2009

Loskop 21km, time: 1:17:13  
 Selati 10km, time: 31:35  
 Muller Potgieter 15km, time: 48:49  
 Sasol Secunda 10km, time: 29:43  
 Nedbank Soweto 42km, time: 2:30:27

#### PERSONAL PERFORMANCES 2010

Thomas Foundry 15km, time: 49:31  
 Pick n Pay 42km, time: 2:31:41  
 Loskop 50km, 5<sup>th</sup>, time: 3:00:22  
 Jackie Mekler 15km, time: 1:26:12



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## CURRICULUM VITAE: VICTOR NGUBELANGA

### PERSONAL INFORMATION

**SURNAME:** Ngubelanga  
**FIRST NAMES:** Victor  
**COUNTRY:** R.S.A  
**DATE OF BIRTH:** 29/06/1977  
**ID:** 770629 5460 088  
**CLUB:** Nedbank Running Club Kwazulu-Natal  
**OCCUPATION:** Athlete  
**HOBBIES:** Athletics  
**OTHER SPORT:** Cross Country



### PERSONAL PERFORMANCES

<u>Distance</u>	<u>Time</u>
42.2 Km	2:20:10
56 Km	3:24:00
Comrades 89Km	5:59:43

### Race

### Date

Two Oceans, Cape Town, South-Africa	2003
Comrades marathon, Durban, South-Africa	2004

### PERFORMANCES 2003

Two Oceans Marathon 56km, time: 3:24:00

### PERFORMANCES 2005

Zululand marathon 56km 1<sup>st</sup>, time: 3:30:55  
Comrades Marathon 89km, time: 5:59:43

### PERFORMANCES 2007

Soweto marathon 42km, time: 2:41:45

### PERFORMANCES 2009

Comrades Marathon, Pietermaritzburg, 12<sup>th</sup>, time: 5:46:38  
Nedbank Soweto 42km, time: 2:45:00

### PERFORMANCES 2004

Comrades Marathon 89km, 18<sup>th</sup>, time: 5:59:59

### PERFORMANCES 2006

Zululand marathon 56km 2<sup>nd</sup>, time: 3:40:20  
Comrades Marathon 89km, 15<sup>th</sup>, time: 5:54:22

### PERFORMANCES 2008

Bay to Bay (EP) 100km, 1st, time: 7:07:46

### PERFORMANCES 2010

Zululand District 56km, 4<sup>th</sup>, time: 3:31:52  
Arthur Creswell 52km, 1<sup>st</sup>, time: 3:11:59



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## CURRICULUM VITAE: JOSEPH MOLABA

### PERSONAL INFORMATION

**SURNAME:** Molaba  
**FIRST NAMES:** Joseph  
**COUNTRY:** R.S.A  
**DATE OF BIRTH:** 10/01/1973  
**ID:** 730110 5628 080  
**CLUB:** Nedbank Running Club, Tshwane - Gauteng North  
**LICENSE:** 2392  
**MARITAL STATUS:** Married  
**OCCUPATION:** Athlete

### PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
42.2 Km	2:19:13	Cape Vaal, Free State, South-Africa	2002
50 Km	2:54:32	City-to-City, Johannesburg-Pretoria, South-Africa	2002
56 Km	3:16:34	Two Oceans, Cape Town, South-Africa	2002
Comrades'	5:31:54	Comrades marathon, Durban, South-Africa	2003

### PERSONAL PERFORMANCES 2003

Comrades Marathon 3<sup>rd</sup> time: 5:31:54  
 Two Oceans 56 km 7<sup>th</sup> time: 3:16:34  
 Cape Vaal 42.2 Km Marathon 2<sup>nd</sup> time: 2:19:13

### PERSONAL PERFORMANCES 2005

Comrades Marathon, time: 6:03:20  
 Cape Vaal 42.2 Km Marathon 3<sup>rd</sup> time: 2:26:13

### PERSONAL PERFORMANCES 2007

Petro SA 42km, time: 2:38:37  
 Comrades marathon, time: 6:03:42

### PERSONAL PERFORMANCES 2009

Two Oceans 56km, time: 3:39:56  
 Nelson Mandela Bay 42km, time: 2:25:24

### PERSONAL PERFORMANCES 2004

City to City Marathon 50 Km, 7<sup>th</sup>, time: 2:54:32

### PERSONAL PERFORMANCES 2006

Comrades' marathon, time: 6:10:01  
 Johannesburg City 42km, time: 2:37:55

### PERSONAL PERFORMANCES 2008

Ottosdal 42km, 3<sup>rd</sup>, time: 2:35:31  
 Pick 'n Pay 42km, 5<sup>th</sup>, time: 2:31:12

### PERSONAL PERFORMANCES 2010

Xstrata LOnptom 56km, 3<sup>rd</sup>, time: 3:52:08



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## CURRICULUM VITAE: FRANS KUTU

### PERSONAL INFORMATION

**SURNAME:** Kutu  
**FIRST NAMES:** Frans  
**COUNTRY:** R.S.A.  
**DATE OF BIRTH:** 1977/02/13  
**ID:** 770213 5858 086  
**CLUB:** Nedbank Running Club, Tshwane - Gauteng North  
**LIC NO:** 2237  
**MARITAL STATUS:** Single  
**OCCUPATION:** Athlete

### PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
10 Km	31:31	Holcim 10km, Johannesburg, South-Africa	2006
15 Km	53:31	Speedys Nie race, Johannesburg, South-Africa	2004
42.2 Km	2:36:33	Vaal 42km, South-Africa	2008
56 Km	3:55:41	Longtom, Mpumalanga, South-Africa	2008
Comrades'	Novice		

### PERSONAL PERFORMANCES 2006

Holcim 10km, 6<sup>th</sup>, time: 31:31  
 Als plant Hire 10km, 4<sup>th</sup>, time: 33:33  
 Sasol 10km, 6<sup>th</sup>, time: 31:40

### PERSONAL PERFORMANCES 2007

SA Marathon championships, time: 2:38:01

### PERSONAL PERFORMANCES 2008

Vaal 42km, 7<sup>th</sup>, 2:36:33  
 Xstrata Longtom ultra, 56km, 3<sup>rd</sup>, time: 3:55:41  
 Medihelp Fordyce 50km, 11<sup>th</sup>, time: 3:29:41

### PERSONAL PERFORMANCES 2009

Sasol (FS) 42km, 15<sup>th</sup>, time: 2:38:43  
 Deloitte Pretoria 42km, 14<sup>th</sup>, time: 2:45:47  
 Comarades Marathon Pietermaritzburg, time: 6:52:36



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