



COMRADES MARATHON
2010
WOMAN ATHLETES CV'S



NEDBANK

NEDBANK GROUP SPONSORSHIPS

Nedbank Running Club - Administrative Head Office Tel: (012) 541 0577 Fax: (012) 541 3752 Website: www.nedbankrunningclub.co.za

A Member of the  OLD MUTUAL Group



CURRICULUM VITAE: LESLEY TRAIN

PERSONAL INFORMATION

SURNAME: Train
FIRST NAMES: Lesley
COUNTRY: R.S.A
DATE OF BIRTH: 1974/03/03
ID: 740301 0116 084
CLUB: Nedbank Running Club, Tshwane – Gauteng North
OCCUPATION: Personal Secretary
HOBBIES: All kinds of sport, watching movies



PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
10 Km	40:17	Spar Lanturn Night	2009
21.1 Km	84:21	Nedbank Bloem	2009
42.2 Km	2:57:46	Sasol (FS)	2009
50Km	3:31:53	Old Mutual Om die Dam, North West, South-Africa	2008
89Km	7:01:07	Comrades marathon 89km, Piet, South-Africa	2009

PERSONAL PERFORMANCES 2007

Comrades marathon 89km, Durban, 13th, time: 7:15:32
 Ottosdal 42km, 1st, time: 3:19:23
 Holcim 10km, Johannesburg, 3rd, time: 40:33
 Rainbow 15km, Johannesburg, 2nd, time: 65:54
 RAC Tough One 32km, Johannesburg, 6th, time: 2:27:20
 Sunrise Monster 32km, Pretoria, 10th, time: 2:45:32
 Dischem 21km, 8th, time: 1:32:18

PERSONAL PERFORMANCES 2009

Spar Lanturn 10km, time: 40:17
 Mccarthy Volkswagen (CGA) 15km, time: 1:07:45
 Nedbank Tshwane 21km, time: 1:27:44
 Sasol (FS) 42km, time: 2:57:01
 Om die Dam 50km, 2nd, time: 3:41:52
 Comrades Marathon, Pietermaritzburg, 6th, Time: 7:01:07
 Nedbank Bloem 21km, 8th, time: 1:24:21
 Sportsmans warehouse 15km, boksburg, 1st, time: 58:54
 IAU 50 km World Trophy Final (Gibraltar), 3rd, time: 3:38:23

PERSONAL PERFORMANCES 2008

Comrades marathon 89km, Durban, 9th: 7:02:08
 Old Mutual Om die Dam, 50km, 2nd, time: 3:31:53
 Slowmag 42km, Johannesburg, 1st, time: 2:59:46
 Glasfit 42km, 1st, time: 3:08:38
 Jackie Gibson 42km, 1st, time: 3:16:42
 Dischem 21km, 7th, time: 1:28:48

PERSONAL PERFORMANCES 2010

Dischem 21km, time: 1:35
 Ottosdal 42km, 1st, time: 3:10
 Cape Gate Vaal 42km, 3rd, time: 3:01:14
 Om die Dam 50km, 2nd, time: 3:39:34
 Two Oceans 56km, 11th, time: 4:09:36
 Wally Hayward 42km, 1st, time: 3:07:44



NEDBANK

NEDBANK GROUP SPONSORSHIPS

Nedbank Running Club - Administrative Head Office Tel: (012) 541 0577 Fax: (012) 541 3752 Website: www.nedbankrunningclub.co.za

A Member of the OLD MUTUAL Group



CURRICULUM VITAE: ADINDA KRUGER

PERSONAL INFORMATION

SURNAME: Kruger
FIRST NAMES: Adinda
COUNTRY: R.S.A
DATE OF BIRTH: 04/01/1977
ID: 770104 0195 089
CLUB: Nedbank Running Club, Tshwane - Gauteng North
MARITAL STATUS: Married
OCCUPATION: Physiotherapist / Pro athlete
HOBBIES: All sports especially athletics



PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
21.1 Km	81:19	Om die Dam 21km	2010
42.2Km	2:55:52	Sasol Marathon	2010
50 Km	3:39:35	Loskop ultra marathon, Mpumalanga, South-Africa	2010
56 Km	3:49:23	Two Oceans ultra marathon, Cape Town, South-Africa	2010
Comrades 89Km	6:38:39	Comrades marathon, Durban, South-Africa	2007

PERSONAL PERFORMANCES 2005

Sunrise Monster 32km 5th, time: 2:33:53
 Deloitte Pretoria marathon 7th, time: 3:23:14

PERSONAL PERFORMANCES 2006

Om die Dam 21km, 4th, time: 1:29:49

PERSONAL PERFORMANCES 2007

Comrades' marathon 89km, 9th, time: 6:38:39
 Two Oceans 56km, 11th, time: 4:00:47
 Loskop ultra 50km, 6th, time: 3:41:03
 Johnson Crane 21km, 4th, time: 1:29:06
 Ndaba 21km, 1st, time: 1:24:09
 Jackie Meckler 25km, 4th, time: 1:52:15

PERSONAL PERFORMANCES 2008

Bronkhorstspuit 32km, 1st, time: 2:09:25
 Jonhson Crane 21km, 1st, time: 1:23:08
 Tuks 21km, 5th, time: 1:36:27

PERSONAL PERFORMANCES 2009

George Claassen 21km, time: 1:32:03
 Sasol (FS) 42km, time: 3:00:03
 Om die Dam 50km, 3rd, time: 3:45:16
 Two Oceans 56km, 5th, time: 4:03:36
 Rac Tough One 32km (CGA), 3rd, time: 2:13:39

PERSONAL PERFORMANCES 2010

Sasol Marathon, 3rd, time: 2:55:52
 Om die Dam 21km, 3rd, time: 81:19
 Two Oceans 56km, 3rd, time: 3:49:23
 Loskop 50km, 4th, time: 3:39:35



NEDBANK

NEDBANK GROUP SPONSORSHIPS

Nedbank Running Club - Administrative Head Office Tel: (012) 541 0577 Fax: (012) 541 3752 Website: www.nedbankrunningclub.co.za

A Member of the OLD MUTUAL Group



CURRICULUM VITAE: KERRY KOEN

PERSONAL INFORMATION

SURNAME:	Koen
FIRST NAMES:	Kerry
COUNTRY:	R.S.A
DATE OF BIRTH:	8 November 1975
ID:	7511080205080
CLUB:	Nedbank Running Club



PERSONAL PERFORMANCES 2007

Comardes Marathon Piet, 19th, time: 7:36:49

PERSONAL PERFORMANCES 2008

Comardes Marathon Durban, 17th, time: 7:48:41

PERSONAL PERFORMANCES 2009

Comrades Marathon Piet, 11th, time: 7:18:51
Triple Challenge MultiX, 1st, time: 4:45:32

PERSONAL PERFORMANCES 2010

Dusi, top 10 in Mixed Doubles
Two Oceans 56km, 9th, time: 4:02:57



NEDBANK

NEDBANK GROUP SPONSORSHIPS

Nedbank Running Club - Administrative Head Office Tel: (012) 541 0577 Fax: (012) 541 3752 Website: www.nedbankrunningclub.co.za

A Member of the OLD MUTUAL Group



CURRICULUM VITAE: Kashmira Parbhoo

PERSONAL INFORMATION

SURNAME: Parbhoo
FIRST NAMES: Kashmira
COUNTRY: R.S.A
DATE OF BIRTH: 5 November 1974
ID: 7411050205089
CLUB: Nedbank Running Club



PERSONAL PERFORMANCES 2007

Comardes Marathon Pietermaritzburg, 51st, time: 8:17:55

PERSONAL PERFORMANCES 2008

Comardes Marathon Durban, 19th, time: 7:56:03

PERSONAL PERFORMANCES 2009

Johnson Crane 42km, 4th, time: 3:17:48
 Om die Dam 50km, 10th, time: 4:04:09
 Comrades Marathon Pietermaritzburg, 10th, time: 7:16:13
 Soweto Marahon time: 3:15:53

PERSONAL PERFORMANCES 2010

Johnson Crane 42km, 4th, time: 3:13
 Om die Dam 50km, 5th, time: 3:50:19



NEDBANK

NEDBANK GROUP SPONSORSHIPS

Nedbank Running Club - Administrative Head Office Tel: (012) 541 0577 Fax: (012) 541 3752 Website: www.nedbankrunningclub.co.za

A Member of the  **OLD MUTUAL** Group



CURRICULUM VITAE: Irina Vishneyskaya

PERSONAL INFORMATION

SURNAME: Vishnevskaya
FIRST NAMES: Irina
COUNTRY: RUS 
DATE OF BIRTH: 02.06.1982
CLUB: Nedbank Running Club

9 Suchergebnisse.

Vergleichstabelle

18.-23.10.2009	320 Km Supermarathon Wien-Bratislava-Budapest	320km/5Etappen
25:37:21 h	Vishnevskaya, Irina *Rostov reg.	Gesamt: 3 W: 1 AK WHK: 1
19.-20.06.2009	IAU 100km WC & EC Torhout (30. Nacht van Vlaanderen)	100km
07:46:24 h	Vishnevskaya, Irina Nationalteam Russia	Gesamt: 35 W: 2 AK WHK: 1
30.-31.05.2009	100 km del Passatore, Firenze-Faenza	100km
07:50:00 h	Vishnevskaya, Irina *Rostov reg.	Gesamt: 7 W: 1 AK WHK: 1
30.-31.01.2009	Moscow Night Ultramarathon 100km	100km
08:05:21 h	Vishnevskaya, Irina *Rostov-na-Donu	Gesamt: 4 W: 1 AK WHK: 1
30.-31.01.2009	Moscow Night Ultramarathon 6h	6h
76.320 km	Vishnevskaya, Irina *Rostov-na-Donu	Gesamt: 10 W: 1 AK WHK: 1
08.11.2008	IAU 100 km WC & EC Tuscania (100 km degli Etruschi)	100km
07:38:37 h	Vishnevskaya, Irina Nationalteam Russland	Gesamt: 30 W: 4 AK WHK: 1
13.06.2008	100 km Championship of Sverdlovsk region	100km
07:33:06 h	Vishnevskaya, Irina *Rostov reg.	Gesamt: 1 W: 1 AK WHK: 1
19.04.2008	100 km Championship of Russia, Puschino	100km
07:37:26 h	Vishnevskaya, Irina	Gesamt: 8 W: 1 AK WHK: 1
19.04.2008	100 km Championship of Russia, Puschino - 50km Split	50km
03:49:32 h	Vishnevskaya, Irina *Rostov reg.	Gesamt: 10 W: 2 AK WHK: 2



NEDBANK

NEDBANK GROUP SPONSORSHIPS

Nedbank Running Club - Administrative Head Office Tel: (012) 541 0577 Fax: (012) 541 3752 Website: www.nedbankrunningclub.co.za

A Member of the  OLD MUTUAL Group



Weltjahresbestenliste 6h Frauen 2009

1 bis 675 von 675 Suchergebnissen.

Berechnung der Altersklassen

I = Indoor (Halle), T = Track (Bahn), S = Split (Zwischenzeit oder Zwischendistanz)

Bestenlistentaugliche 6h Läufe 2009

Gesamt-Rang	Leistung	Nachname, Vorname	Nat.	Geb.	AK	AK Rang	Datum	Ort (Land)
1	81.892 km	<u>Løgavlen, Margrethe</u>	NOR	24.12.1965	W40	1	22.08.	<u>Eidsvoll (NOR)</u>
2	78.529 km	<u>Hooß, Tanja</u>	GER	25.09.1967	W40	2	08.11.	<u>Troisdorf (GER)</u>
(2)	77.165 km	<u>Løgavlen, Margrethe</u>	NOR	24.12.1965	W40	3	18.04.	<u>Eggemoen (NOR)</u>
3	76.320 km I	<u>Vishnevskaya, Irina</u>	RUS	02.06.1982	W23	1	31.01.	<u>Moskau (RUS)</u>

Weltjahresbestenliste 100km Frauen 2009

1 bis 891 von 891 Suchergebnissen.

Berechnung der Altersklassen

I = Indoor (Halle), T = Track (Bahn), S = Split (Zwischenzeit oder Zwischendistanz)

Bestenlistentaugliche 100km Läufe 2009

Gesamt-Rang	Leistung	Nachname, Vorname	Nat.	Geb.	AK	AK Rang	Datum	Ort (Land)
1	07:37:21 h	<u>Semick, Kami</u>	USA	06.07.1966	W40	1	20.06.	<u>Torhout (BEL)</u>
2	07:41:23 h	<u>Fairweather, Jackie</u>	AUS	10.11.1967	W40	2	19.09.	<u>Keswick, Cumbria (GBR)</u>
3	07:46:24 h	<u>Vishnevskaya, Irina</u>	RUS	02.06.1982	W23	1	20.06.	<u>Torhout (BEL)</u>
(2)	07:48:51 h	<u>Fairweather, Jackie</u>	AUS	10.11.1967	W40	3	07.06.	<u>Kurrawa Park, Broadbeach, QLD (AUS)</u>
(2)	07:50:00 h	<u>Vishnevskaya, Irina</u>	RUS	02.06.1982	W23	2	31.05.	<u>Firenze (ITA)</u>



NEDBANK

NEDBANK GROUP SPONSORSHIPS

Nedbank Running Club - Administrative Head Office Tel: (012) 541 0577 Fax: (012) 541 3752 Website: www.nedbankrunningclub.co.za

A Member of the OLD MUTUAL Group



CURRICULUM VITAE: JULANIE BASSON

PERSONAL INFORMATION

SURNAME: Basson
FIRST NAMES: Julanie
COUNTRY: South Africa
DATE OF BIRTH: 8 December 1974
ID NUMBER: 741208 0019 086
CLUB: Nedbank Running Club – Gauteng North

PERSONAL PERFORMANCES 2009

Comrades 89km, 15th, time: 7:25:51
 Om die Dam 50km, 4th, time: 3:51:18
 Loskop 50km, 12th, time: 3:58:23
 Jackie Gibson 42km, 2nd, time: 3:08:24
 Akasia 42km, 3rd, time: 3:10:30
 Wally Hayward 42km, 5th, time: 3:10:12
 Johnsons Crane 42km, 1st, time: 3:13:07
 Sasol 42km, 5th, time: 3:13:51
 Vaal 42km, 10th, time: 3:23:49

PERSONAL PERFORMANCES 2010

Varsity Kudus 15km, time: 1:05:38, 11th
 Berg en Dal 15km, time: 1:09:06, 5th
 Dischem 21km, time: 1:32:06, 10th
 Johnson Crane 42km, 1st, time: 3:07:45
 Sasol Marathon, 4th, time: 3:03:05
 Slowmag 42km, time: 3:15:33
 Loskop 50km, 10th, time: 3:52:19



NEDBANK

NEDBANK GROUP SPONSORSHIPS

Nedbank Running Club - Administrative Head Office Tel: (012) 541 0577 Fax: (012) 541 3752 Website: www.nedbankrunningclub.co.za

A Member of the OLD MUTUAL Group



CURRICULUM VITAE: XOLISWA BICI

PERSONAL INFORMATION

SURNAME: Bici
FIRST NAMES: Xoliswa
COUNTRY: R.S.A
DATE OF BIRTH: 29 December 1979
ID: 791229 0428 084
CLUB: Nedbank Running Club

PERSONAL PERFORMANCES 2005

Herald Nashua (EP) 42km, time: 3:09:24
 Toyota False Bay (WP) 50km, time: 3:55:28
 Comrades Marathon, Piet, time: 8:01:15

PERSONAL PERFORMANCES 2007

Comrades Marathon, Piet, time: 7:40:14
 Nedbank JHB City (CGA) 42km, time: 3:11:30
 Nedbank SA Champs 10km (WP), time: 36:57

PERSONAL PERFORMANCES 2009

Buffalo (Bdr) 42km, time: 3:07:57
 Comrades Marathon, Pietermaritzburg, time: 7:59:22
 Nedbank SA Champs (EP) 21km, time: 1:25:30
 Nedbank SA Champs (Bol) 10km, time: 38:49
 Bongolo Marathon, 1st, time: 3:17

PERSONAL PERFORMANCES 2006

Nedbank Series (EP) 42km, time: 3:16:48
 Comrades Marathon, Durban, time: 7:54:33

PERSONAL PERFORMANCES 2008

Nedbank Durban City 42km, time: 3:04:39
 PetroSA (EP) 42km, time: 3:04:55
 Beauford West (SWD) 21km, time: 1:28:07

PERSONAL PERFORMANCES 2010

Old Mutual Buffs Marathon, 1st, time: 3:01:22



NEDBANK

NEDBANK GROUP SPONSORSHIPS

Nedbank Running Club - Administrative Head Office Tel: (012) 541 0577 Fax: (012) 541 3752 Website: www.nedbankrunningclub.co.za

A Member of the  OLD MUTUAL Group



CURRICULUM VITAE: BERDINE SMIT

PERSONAL INFORMATION

SURNAME: Smit
FIRST NAMES: Berdine
COUNTRY: R.S.A
DATE OF BIRTH: 26 May 1964
ID: 640526 0024 083
CLUB: Nedbank Running Club, Tshwane – Gauteng North



PERSONAL PERFORMANCES 2007

Two Oceans 56km, time: 4:21:35
 Mielie (FS) 42km, time: 3:13:28
 Comrades Marathon, 30th, time: 7:56:43
 Medihelp 21km, time: 1:29:13

PERSONAL PERFORMANCES 2009

Two Oceans 56km, 11th, time: 4:17:01
 Kloppers 42km, time: 3:12:03
 Comrades Marathon, Pietermaritzburg, 16th, Time: 7:28:09
 Cape Town Marathon, time: 3:11:32
 Winelands Marathon (WP), 3rd, time: 3:13:20

PERSONAL PERFORMANCES 2010

Bay to Bay 30km, 5th, time: 2:10
 Ottosdal 42km, 3rd, time: 3:13
 Two Oceans 56km, 4:21:35



NEDBANK

NEDBANK GROUP SPONSORSHIPS

Nedbank Running Club - Administrative Head Office Tel: (012) 541 0577 Fax: (012) 541 3752 Website: www.nedbankrunningclub.co.za

A Member of the  OLD MUTUAL Group