



CURRICULUM VITAE: JEFFREY GWEBU

PERSONAL INFORMATION

SURNAME: Gwebu
FIRST NAMES: Jeffrey
COUNTRY: R.S.A
DATE OF BIRTH: 1981/09/15
ID: 810215 5419 084
CLUB: Nedbank Running Club - CGA
OCCUPATION: Professional athlete
HOBBIES: Watching movies, going to church

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
10 Km	29:15	Nedbank SA 10km championships, South-Africa	2008
21.1 Km	63:06	Nedbank 21km championships, PE, South-Africa	2008
32 Km	1:48:03	RAC Tough One, Johannesburg, South-Africa	2007
42 Km	2:23:09	Nedbank Soweto Marathon	2009

PERSONAL PERFORMANCES 2006

Zio Cash & Carry 10km, 3rd, time: 30:00
 Nedbank 20km challenge, SWD, time: 64:56
 SA 10km championships, Cape Town, time: 30:23
 Nedbank Series 10km, Johannesburg, 4th, time: 30:44

PERSONAL PERFORMANCES 2008

Foskor Half marathon, Phalaborwa, 1st, time: 63:58
 Nedbank SA Half Marathon championships, 7th, time: 63:06
 Nedbank SA 10km championships, 8th, time: 29:15
 Deloitte 10km, Pretoria, 1st, time: 30:20
 Nedbank Matha series 21km, Tshwane, 6th, time: 65:47
 Nedbank Matha series, Nelspruit 21km, 4th, time: 64:01
 Part of the South-African National team to the IAAF World 21.1km Championships – Brazil 2008

PERSONAL PERFORMANCES 2009

Nedbank Tshwane 21km, time: 1:08:26
 Nedbank Durban 10km, time: 29:27
 Nedbank Bloem 21km, 6th, time: 1:06:01
 Nedbank Bloem 21km, 6th, time: 1:06:01

PERSONAL PERFORMANCES 2007

Petro SA 21km, 4th, time: 66:05
 Deloitte 10km, Pretoria, 1st, time: 30:39
 RAC Tough One 32km, 4th, time: 1:48:03
 Gerald Fox 10km, Johannesburg, 2nd, time: 30:38
 Irene Lantern 10km, Pretoria, 4th, time: 30:49



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IAAF World 21km Champs, time: 64:11
Nedbank Soweto Marathon, 11th, time: 2:23:09



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