



CURRICULUM VITAE: LUSAPHU APRIL

PERSONAL INFORMATION

SURNAME: April
FIRST NAMES: Lusaphu
COUNTRY: R.S.A
DATE OF BIRTH: 24/05/1982
ID: 820524 5390 080
CLUB: Nedbank Running Club, PE – Eastern Province
OCCUPATION: Athlete

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
21.1km	1:01:32	Johannesburg	22 April 2005
20km	59:09	Debreccen	8 October 2006
10km	28:25	East London	26 October 2003
5km	14:02	East London	1 November 2003

PERSONAL PERFORMANCES 2004

10 km, 30:40, Parmalat (EP)

PERSONAL PERFORMANCES 2006

10 km, 30:05, Npa Algoa (EP)
21km, 1:4:00, Two Oceans, 6th

PERSONAL PERFORMANCES 2008

21 km, 1:08:10, Nedbank Tshwane (AGN)
21 km, 1:05:09, Nedbank PE (EP)
10km, 30:00 Durban, 10 February
21.1km, 1:03:34, Cape Town 22 March
21km, 1:03:34, Two Oceans

PERSONAL PERFORMANCES 2005

10 km, 29:29, Clover EP Champs (EP)

PERSONAL PERFORMANCES 2007

10 km, 29:19, Nedbank Series (EP)
21km, 62:24, World Half Marathon 34th
21km, 1:05:01, Two Oceans 7th

PERSONAL PERFORMANCES 2009

Cassies(EP) 15 km, 45:32, 1st
Sportsmans Warehouse (EP) 15 km, 44:27, 1st
Body Concept (EP) 10 km, 29:20, 1st
Nedbank SA Champs (PE) 21km, 7th, time: 1:01:49
Ebenezer (EP) 10km, 1st, time: 29:49
Nelson Mandela Bay 21km, 1st, time: 1:03:20



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

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