



CURRICULUM VITAE: Tshamano Setone

PERSONAL INFORMATION

SURNAME: Setone
FIRST NAMES: Tshamano
COUNTRY: R.S.A
DATE OF BIRTH: 7 May 1987
ID: 870507 6118 088
CLUB: Nedbank Running Club
OCCUPATION: Athlete

PERSONAL PERFORMANCES 2006

Ukhuzi (CGA) 10km, 1st, time: 28:01
 SA Champs (PW) 10km, 2nd, time: 28:45

PERSONAL PERFORMANCES 2008

Foskor (Lima) 21km, 4th, time: 1:04:48
 Nedbank ASA (bol) 10km, 5th, time: 29:03
 World Half Marathon, 22nd, time: 65:20a
 SA XC Championships 12km, time: 44:05

PERSONAL PERFORMANCES 2007

Nedbank SA Chapms (WP) 10km, 1st, time: 28:47

PERSONAL PERFORMANCES 2009

World XC Championships 12km, 51st, time: 37:27
 SA XC Championships 12km, 3rd, time: 36:22
 Two Oceans 21km, 6th, time: 1:05:08
 Nedbank SA Champs (Bol) 10km, 2nd, time: 28:22
 Nedbank Bloem 21km, 3rd, time: 1:03:19
 Nedbank Limpopo 21km, 1st, time: 1:04:19
 Nedbank Soweto 10km, 1st, time: 29:45



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