



CURRICULUM VITAE: **Claude Moshiywa**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Claude Moshiywa
COUNTRY: R.S.A
CLUB: Nedbank Running Club
D.O.B: 10 October 1974
NATIONALITY: South African
CONTACT: claude.moshiywa01@gmail.com



PERSONAL BEST PERFORMANCES

Distance	Time
10km:	30 minutes
15km:	48 Minutes
21.1km:	1H06
42.2km:	2H24
56km:	3H11
Comrades:	5H32

Comrades Marathon Results

2005 Down, 05:42:23, 8th
2006 Up, 05:50:18, 11th
2007 Down, 05:53:30, 12th
2008 Up, 06:04:12, 19th
2009 Down 05:53:22, 16th
2010 Down, 05:43:04, 6th
2011 Up, 05:42:06, 3rd
2012 Down, 05:39:11, 9th
2013 Up, 05:32:09, 1st
2015 Up, 05:55:17, 7th
2016 Down, 05:36:25, 6th

Two Oceans 56km Results

2006, 03:16:29, 13th
2007, 03:12:03, 4th
2008, 03:22:42, 18th
2013, 03:15:36, 14th
2015, 03:26:40, 19th
2016, 03:22:20, 15th
2017, 03:21:50, 16th
2018, 03:33:50, 43rd



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