



CURRICULUM VITAE: **Jonas Makhele**

PERSONAL DETAILS

FIRST NAME / SURNAME: Jonas Makhele
DATE OF BIRTH: 10 December 1981
CLUB: Nedbank Running Club
NATIONALITY: South African
EMAIL: jonasmakhele77@gmail.com

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10km	30:36	Port Elizabeth (RSA)	2017
Marathon	2:21:27	Cape Town (RSA)	2021
50km	2:42:13	Port Elizabeth (RSA)	2021

Best Performances 2021

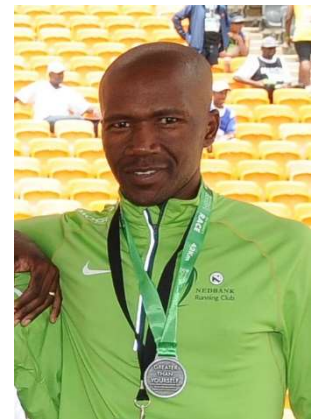
Sanlam Cape Town Marathon, Cape Town RSA 2:21:27
Nedbank Runified 50km, Port Elizabeth RSA, 2:42:13, 2nd

Best Performances 2018

Johannesburg Pick 'n Pay Marathon, Johannesburg RSA, 2:30:49, 2nd

Best Performances 2017

Port Elizabeth South African Half Marathon Ch., Port Elizabeth RSA, 1:06:01
Johannesburg Pick 'n Pay Marathon, Johannesburg RSA, 2:30:40, 3rd
Centurion Marathon, Centurion RSA, 2:28:46, 5th
Port Elizabeth Marathon, Port Elizabeth RSA, 2:27:46, 4th



BIOGEN
FOR THE RESULTS YOU WANT

Bavaria 00%
explore your taste

FUTURELIFE
Smart nutrition for life

THIRSTI

NEDBANK RUNNING CLUB | ADMINISTRATIVE OFFICE

Office: (012) 541 0577 Fax: (012) 541 3752 www.nedbankrunningclub.co.za

#MoreThanAClub