



CURRICULUM VITAE: JOSEPH MANYEDI

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Joseph Manyedi
COUNTRY: R.S.A
DATE OF BIRTH: 24 November 1982
CLUB: Nedbank Running Club
CONTACT: 079 848 3788



PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
Half Marathon	1:06:25	Phalaborwa (RSA)	2019
50 km	2:55:37	Om die Dam (RSA)	2019

Comrades Marathon Results

2019	Up	05:44:34
2018	Down	06:43:04
2017	Up	06:59:49
2016	Down	06:44:56
2015	Up	07:14:40

Bests Performance 2021

Nedbank Runified 50km 2:47:52, 12th
Cape Town Marathon, 2:21:41

Bests Performance 2020

Om die Dam 50km 3:04:44, 9th
Tuks Bestmed (agn) 21km 1:09:46, 2nd

Bests Performance 2019

Om die Dam 50km 2:55:37, 1st
Tuks Bestmed (agn) 21km 1:09:23, 2nd
Johnson Crane Hire Marathon (cga) 2:23:47, 1st
Comrades Marathon Up Run, 5:44:34, 5th
Phalaborwa Foskor 21km, 1:06:25, 2nd
IAU 50km World Championship 2:51:46, 11th



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