



CURRICULUM VITAE: Mike Fokoroni

PERSONAL DETAILS

FIRST NAME / SURNAME: Mike Fokoroni
DATE OF BIRTH: 10 January 1977
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe
CONTACT: +263 77 291 1091
TWITTER: @FokoroniMike
INSTAGRAM: #fokoroni



PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 km Road	29:41	Mamelodi (RSA)	2009
Half Marathon	1:03:04	Port Elizabeth (RSA)	2009
Marathon	2:13:17	Beijing (CHN)	2008

Marathon

2016 Soweto Marathon, 2:24:39, 6th
2017 PetroSA Marathon, 2:23:32, 8th
2017 Soweto Marathon, 2:32:01
2018 PetroSA Marathon, 2:29:20, 11th

Comrades Marathon

2012 Down, 05:58:37, 30th
2013 Up, 05:50:11, 8th
2014 Down, 05:45:46, 13th
2015 Up, 06:37:16, 60th
2016 Down, 05:35:09, 4th
2017 Up, 05:59:23, 18th
2019 Up, 06:01:37, 20th

Two Oceans Marathon

2010, 03:11:38, 6th
2011, 03:11:25, 7th
2013, 03:13:29, 10th
2015, 03:16:56, 6th
2016, 03:13:33, 1st
2017, 03:18:35, 11th
2018, 03:16:38, 10th



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