



## 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	2:47:37	PE (RSA)	2021
Comrades	5:44:34	Durban (RSA)	2022

### 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 2022

Nedbank Runified 50km 2:51:20, 9<sup>th</sup>  
Comrades Marathon Up Run, 5:44:57, 7<sup>th</sup>

### Bests Performance 2021

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

### Bests Performance 2020

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

### Bests Performance 2019

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



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