



## CURRICULUM VITAE: Mike Fokoroni

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Mike Fokoroni  
**DATE OF BIRTH:** 10 January 1977  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Zimbabwe  
**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
50km	2:49:58	Port Elizabeth (RSA)	2022

### Bests Performance 2022

Nedbank Runified 50km, 2:49:58, 7<sup>th</sup>  
Two Oceans 56km, 3:27:33

### Comrades Marathon

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

### Two Oceans Marathon

2010, 03:11:38, 6<sup>th</sup>  
2011, 03:11:25, 7<sup>th</sup>  
2013, 03:13:29, 10<sup>th</sup>  
2015, 03:16:56, 6<sup>th</sup>  
2016, 03:13:33, 1<sup>st</sup>  
2017, 03:18:35, 11<sup>th</sup>  
2018, 03:16:38, 10<sup>th</sup>  
2021, 03:27:33, 29<sup>th</sup>



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