# CURRICULUM VITAE: GERDA STEYN

 

## **PERSONAL INFORMATION**

**FIRST NAMES / SURNAME:** Gerda Steyn

**COUNTRY:** R.S.A

**DATE OF BIRTH:** 1990/03/03

**CLUB:** Nedbank Running Club

**EMAIL / CONTACT / TWITTER:** gerda.run@gmail.com / 072 656 3030 / @gerdarun

## **PERSONAL BEST PERFORMANCES**

**Distance Time Race Date**

5km 16:30 Durban 2018

10km 33:05 Middlesbrough 2019

Half Marathon 1:11:54 Port Elizabeth 2019

Marathon 2:31:04 New York 2018

Two Oceans 56km 3:31:28 Cape Town 2019

Comrades Marathon 5:58:53 Durban 2019

**PERSONAL PERFORMANCES 2019**

Dubai 10km 34:05, 1st

RAK Half Marathon, Ras Al Khaimah (UAE) 1:12:35, 9th

Two Oceans 56km 3:31:28, 1st

Comrades Marathon 5:58:53, 1st (New Record)

SA Half Marathon 1:11:54, 4th

Asda Foundation Middlesbrough 10km, 33:05, 1st

FNB Joburg 10K Cityrun, Johannesburg 34:31, 3rd

**PERSONAL PERFORMANCES 2018**

Two Oceans 56km 3:39:32, 1st

Comrades Marathon 6:15:34, 2nd

New York Marathon 2:31:04, 13th

FNB 10km Durban, 33:36, 5th

**PERSONAL PERFORMANCES 2017**

Comrades Marathon 6:45:45, 4th

Valencia Marathon 2:37:22, 13th

Great North Run 21km 1:17:26