

CURRICULUM VITAE: Ntombesintu Mfunzi



PERSONAL INFORMATION

SURNAME: Ntombesintu
FIRST NAMES: Mfunzi
COUNTRY: R.S.A
DATE OF BIRTH: 1981/12/27
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
1500m	4:42.5h	Port Elizabeth (RSA)	26.02.2005
3000m	9:52.63	Potchefstroom (RSA)	19.02.2011
5000m	16:37.30	Port Elizabeth (RSA)	19.02.2010
10 km Road	34:35	Stellenbosch (RSA)	29.08.2009
15 km Road	55:45	Port Elizabeth (RSA)	04.10.2008
20 km Road	1:16:29	East London (RSA)	02.07.2006
Half Marathon	1:16:30	Port Elizabeth (RSA)	02.07.2011
30 km Road	2:00:50	Uitenhage (RSA)	05.03.2016
Marathon	2:49:38	Mossel Bay (RSA)	03.09.2011

Two Oceans

2017 Two Oceans Marathon 56km 4:01:21 5th
 2015 Two Oceans Marathon 56km 4:21:05 16th
 2014 Two Oceans Marathon 56km 4:00:53 8th
 2012 Two Oceans Marathon 56km 3:52:38 8th



2017

10 km, 35:57 Port Elizabeth (RSA)
12 km Road, 43:29 Cape Town (RSA)
15 km Road, 56:00 Port Elizabeth (RSA)
Half Marathon, 1:17:31 Port Elizabeth (RSA)
30 km Road, 1:54:43 Uitenhage (RSA)

2016

5000m 17:20.73 Stellenbosch (RSA)
10 km Road 35:28 Port Elizabeth (RSA)
15 km Road 58:14 Jeffreys Bay (RSA)
Half Marathon 1:20:00 Cape Town (RSA)
30 km Road 2:00:50 Uitenhage (RSA)

2014

Nelson Mandela Bay Freedom (wp) 10km 34:57
Correctional Services (ep) 10km 35:03
Cassies (ep) 15km 56.24
Kromberg Schubert (ep) 15km 57:30
Bluewater Bay (ep) 15km 57:40
Old Mutual Provisional Two Oceans (wp) 56km 4:00:52, 7th place
1st Wing for Life World Run (4th in the World)

2013

City2City Ultra Marathon 50km 3:40:33 4th
Canrad the Human Race (ep) 10km 34:25
Freedom Run (ep) 10km 35:52
Cassies (ep) 15km 54:13

2012

Petro Sa (swd) 21km 1:18:39
Clover (ep) 10km 35:21
Volkswagen (ep) 10km 35:00
Motherwell Freedom Run (ep) 10km 34:47
Old Mutual Provisional Two Oceans (wp) 56km 3:52:39, 8th place
Umhlobo Wenene (ep) 10km 35:08
Lemaitre (ep) 10km 35:55
Woodlands (ep) 15km 56:50

2011

Petro SA (swd) 42km 2:49:38
Clover Milk Run (ep) 10km 35:02
SA (ep) 21km 1:16:30
Spar (ep) 10km 35:11
Umhlobo Wenene Classic Fm (ep) 10km 34:49
Spar Womens (wp) 10km 35:08
Cassies (ep) 15km 55:56

