# CURRICULUM VITAE: Ntombesintu Mfunzi

## 

## PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Ntombesintu Mfunzi

**COUNTRY:** R.S.A

**DATE OF BIRTH:** 1981/12/27

**CLUB:** Nedbank Running Club

**EMAIL / CONTACT / TWITTER:** [ntombesintumfunzi@yahoo.co.za](mailto:ntombesintumfunzi@yahoo.co.za) / 079 671 9059 / @ntombesm

**Personal Bests**

**Event Result Venue Date**

1500 Metres 4:42.5h Port Elizabeth (RSA) 26-Feb-05

3000 Metres 09:52.6 Potchefstroom (RSA) 19-Feb-11

5000 Metres 16:37.3 Port Elizabeth (RSA) 19-Feb-10

10 Kilometres 34:35:00 Stellenbosch (RSA) 29-Aug-09

12 Kilometres 43:29:00 Cape Town (RSA) 21-May-17

15 Kilometres 55:45:00 Port Elizabeth (RSA) 04-Oct-08

20 Kilometres 1:16:29 East London (RSA) 02-Jul-06

Half Marathon 1:16:30 Port Elizabeth (RSA) 02-Jul-11

30 Kilometres 2:00:50 Uitenhage (RSA) 05-Mar-16

Marathon 2:47:56 Cape Town (RSA) 23-Sep-18

**Two Oceans**

2018 Two Oceans Marathon 56km 3:59:27 10th

2017Two 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

**2018**

15 km Road 56:57 Jeffreys Bay (RSA)

Port Elizabeth Freedom Run 10K 35:06, 3rd

Port Elizabeth Spar Grand Prix Series 34:54, 9th

Port Elizabeth 10 km 35:49, 4th

Durban Spar Grand Prix Series 35:47, 14th

**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