



OLD MUTUAL TWO OCEANS MARATHON 2016 FEMALE ATHLETES - CV'S 21KM



OLD MUTUAL TWO OCEANS MARATHON
THE WORLD'S MOST BEAUTIFUL MARATHON.



Nedbank Running Club - Administrative Head Office
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NEDBANK

CURRICULUM VITAE: Rutendo Nyahora



PERSONAL INFORMATION

SURNAME: Nyahora
FIRST NAMES: Rutendo
DATE OF BIRTH: 11/11/1988
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe

PERSONAL BEST

Event	Result	Venue	Date
10 km Road	32:55	Cape Town (RSA)	15.04.2012
12 km Road	40:16	Cape Town (RSA)	17.05.2015
15 km Road	53:41	Pretoria (RSA)	15.08.2015
Half Marathon	1:14:56	Zwolle (NED)	09.06.2012
Marathon	2:39:58	Wien (AUT)	10.04.2016

PERSONAL PERFORMANCES 2017

2 Deloitte Pretoria (agn) 10km 36:46
 1 Spar Irene Lantern (agn) 10km 36:24
 10 km Road, 33:50, Durban (RSA)
 12 km Road, 41:24, Cape Town (RSA)
 Marathon, 2:42:53, London (GBR)

PERSONAL PERFORMANCES 2014

Solomon Mahlangu (agn) 10km 34:02
 4 Spar Womens (wp) 10km 33:30
 Bestmed Tuks (agn) 10km 34:30
 Mccarthy Toyota (agn) 21km 1:17:46
 Two Oceans 21km 1:17:30
 5 Spar Woman's PE 10km 33:44
 2 Spar Woman's Durban 10km 33:41
 2 Spar Women's Pretoria 10km 33:50
 2 Spar Women's Johannesburg 10km 34:40

PERSONAL PERFORMANCES 2016

1 Mccarthy Toyota (agn) 21km 1:17:19
 5 Spar Ladies (ep) 10km 34:55
 1 Spar Womens (agn) 10km 35:25
 1 Outsurance Gun Run (wp) 10km 34:02

PERSONAL PERFORMANCES 2015

George Claassen (agn) 21km 1:20:17
 Mccarthy Toyota (agn) 21km 1:19:06
 Deloitte Pretoria (agn) 10km 35:22
 2 Spar Womens Challenge (wp) 10km 33:03
 Solomon Mahlangu (agn) 21km 1:17:20
 Fnb Cape Town 12 Onerun (wp) 12km 40:16
 3 Spar Woman's PE 10km 33:43
 3 Spar Woman's Durban 10km 33:53
 1 Spar Woman's Race Pretoria 10km 34:54



CURRICULUM VITAE: **Patience Murowe**



PERSONAL INFORMATION

SURNAME: Murowe
FIRST NAMES: Patience
DATE OF BIRTH: 28 August 1988
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe

PERSONAL BEST

Event	Result	Venue	Date
10 km Road	34:10	Khulumane	2016
21 km Road	1:15:55	Harry Gwala	2016

PERSONAL PERFORMANCES 2017

1st, Johnsoncrane 21km, 1:18:29
 1st, Deloitte 21km, 1:20:26
 Old Mutual Two Oceans (wp), 21km, 1:26:45
 Spar Ladies Cape Town (wp), 10km, 35:27
 Deloitte Pretoria (agn), 21km, 1:20:38
 3rd, Foskor (lima), 21km, 1:22:21

PERSONAL PERFORMANCES 2016

1st, Khulumane (Zim) 10km, 34:10
 Victoria Falls (Zim) 21km, 1:19:00
 3rd, Foskor 21km, 1:21:21
 2nd, Mandela Day 21km, 1:20:16



CURRICULUM VITAE: **Rudo Mhonderwa**



PERSONAL INFORMATION

SURNAME: Mhonderwa
FIRST NAMES: Rudo
DATE OF BIRTH: 9 September 1995
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe

PERSONAL BEST

Event	Result	Venue	Date
10 km Road	35:15	Mandela Day	2016
21 km Road	1:15:22	Harry Gwala	2017

PERSONAL PERFORMANCES 2017

Johnson Crane 21km, 1:18:35, 2nd
 Deloitte 10km, 35:57, 1st
 Harry Gwala 21km, 1:15:22, 3rd

PERSONAL PERFORMANCES 2016

Mandela Day 10km, 35:15
 Victoria Falls 21km.(Zim), 1:21:55 2nd



CURRICULUM VITAE: IRVETTE VAN ZYL



PERSONAL INFORMATION

SURNAME: van Zyl
FIRST NAMES: Irvette
COUNTRY: R.S.A
DATE OF BIRTH: 1987/07/05
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
1500m	04:17.5	Durban (RSA)	07.03.2003
Mile	04:48.8	Heverlee (BEL)	05.06.2004
3000m	09:11.5	Pretoria (RSA)	08.03.2016
5000m	16:02.6	Stellenbosch (RSA)	15.04.2016
10,000m	34:19.5	Durban (RSA)	17.04.2004
5 km Road	16:25	Arezzo (ITA)	27.05.2012
10 km Road	32:20:00	Stellenbosch (RSA)	09.08.2014
12 km Road	39:40:00	Cape Town (RSA)	15.05.2016
15 km Road	51:06:00	Nijmegen (NED)	17.11.2002
20 km Road	1:11:23	East London (RSA)	02.07.2006
Half Marathon	1:11:00	Port Elizabeth (RSA)	30.07.2016
Half Marathon	1:10:56	New York (USA)	20.03.2011
Marathon	2:31:26	London (GBR)	21.04.2013

PERSONAL BEST PERFORMANCES 2017

Event	Result	Venue	Date
5000m	16:20.06	Durban (RSA)	28.02.2017
1500m	4:23.23	Potchefstroom (RSA)	22.04.2017
10 km Road	33:07	Cape Town (RSA)	02.04.2017
Half Marathon	1:12:36	Barcelona (ESP)	12.02.2017
Marathon	2:36:46	Cape Town (RSA)	17.09.2017

