



# Spar Ladies Johannesburg 2018 ATHLETES - CV'S



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MAKE  
THINGS  
HAPPEN

**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 2018

Cape Town Spar Grand Prix Series 37:17  
 Port Elizabeth Spar Grand Prix Series 36:02  
 Durban Spar Grand Prix Series 34:07 5<sup>th</sup>  
 Pretoria Spar Ladies 34:24 2<sup>nd</sup>  
 Pietermaritzburg Spar Ladies 34:56

### 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)  
 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

### 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

### 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



## 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 2018

13<sup>th</sup> Spar Ladies Pretoria 37:33  
 Pietermaritzburg Spar Ladies 36:16

### PERSONAL PERFORMANCES 2017

1<sup>st</sup>, Johnsoncrane 21km, 1:18:29  
 1<sup>st</sup>, 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  
 3<sup>rd</sup>, Foskor (lima), 21km, 1:22:21

### PERSONAL PERFORMANCES 2016

1<sup>st</sup>, Khulumane (Zim) 10km, 34:10  
 Victoria Falls (Zim) 21km, 1:19:00  
 3<sup>rd</sup>, Foskor 21km, 1:21:21  
 2<sup>nd</sup>, 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 2018

6th Spar Ladies Pretoria 37:17  
 4th Cape Town Spar Grand Prix Series 35:18  
 5th Port Elizabeth Freedom Run 10K 36:23  
 4th Port Elizabeth Spar Grand Prix Series 34:21  
 4th Durban Spar Grand Prix Series 33:53  
 8th Cape Town 12 km 42:02  
 Pietermaritzburg Spar Ladies 35:38

### PERSONAL PERFORMANCES 2017

Johnson Crane 21km, 1:18:35, 2nd  
 Deloitte 10km, 35:57, 1<sup>st</sup>  
 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
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 2018

2nd George Claasen 10 km 35:02  
 3rd Cape Town Spar Grand Prix Series 35:07  
 4th Spar Ladies Pretoria 34:56  
 Pietermaritzburg Spar Ladies 34:56  
 1st Cape Town Marathon 10km 32:48  
 1st FNB Johannesburg CityRun 10km 33:52

### 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



## CURRICULUM VITAE: Mamorallo Tjoka



### PERSONAL INFORMATION

**SURNAME:** Tjoka  
**FIRST NAMES:** Mamorallo  
**DATE OF BIRTH:** 25 october 1984  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Lesotho

### PERSONAL BEST

Event	Result	Venue	Date
10 Kilometres	34:04	Bellville (RSA)	09 AUG 2005
15 Kilometres	58:22	Johannesburg (RSA)	09 JAN 2005
20 Kilometres	1:12:51	East London (RSA)	02 JUL 2006
Half Marathon	1:14:11	Durban (RSA)	01 JUL 2007
Marathon	2:38:26	Johannesburg (RSA)	07 SEP 2014

### BEST PERFORMANCES 2018

SA 21km Championships 01:10:46  
 FNB Johannesburg CityRun 10km 35:39 – 5th

### TWO OCEANS PERFORMANCES

Year	Event	Time	Position
2005	Half	01:15:58	1
2006	Half	01:17:14	7
2007	Ultra	03:52:55	8
2008	Half	01:15:04	1
2009	Half	01:15:43	2
2010	Half	01:15:50	3
2011	Ultra	03:42:12	3
2013	Ultra	03:44:40	4
2014	Ultra	03:46:13	4
2017	10km	00:35:11	1
2017	42km	02:49:00	1



## CURRICULUM VITAE: GERDA STEYN



### PERSONAL INFORMATION

**SURNAME:** Steyn  
**FIRST NAMES:** Gerda  
**COUNTRY:** R.S.A  
**DATE OF BIRTH:** 1990/03/03  
**CLUB:** Nedbank Running Club

### PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
5 Kilometres	18:21	Dubai	2015
10 Kilometres	33:58	UK	2018
Half Marathon	1:17:26		2017
Marathon	2:37:22	Valencia (ESP)	2017
Two Oceans 56km	4:15:44	Cape Town	2016
Comrades Marathon	6:45:45	Durban	2017

### PERSONAL PERFORMANCES 2018

1<sup>st</sup> Zayed Sport City 10km: 35:36  
 1<sup>st</sup> Standard Chartered Dubai 10km: 34:35  
 1<sup>st</sup> Two Oceans 56km: 3:39:32  
 2<sup>nd</sup> Deloitte Pretoria (agn) 21km 01:22:53  
 1<sup>st</sup> Bronkhorstspuit (agn) 32km 02:09:38  
 2<sup>nd</sup> Bidvest Mccarthy Toyota (agn) 21km 01:20:20  
 2<sup>nd</sup> Comrades 2018 – 6:15:34  
 3<sup>rd</sup> FNB Johannesburg CityRun 10km 35:01  
 1<sup>st</sup> Tees Pride 10km (UK) 33:58

### PERSONAL PERFORMANCES 2016

2<sup>nd</sup> place - Abras Mina Race 2, 10km: 37:37  
 3<sup>rd</sup> place – Standard Chartered Dubai 10km: 37:43  
 1<sup>st</sup> place – Wadi Bih, 72km trail race: 6:16:05  
 14<sup>th</sup> place – Two Oceans 56km: 4:15:44  
 14<sup>th</sup> place – Comrades Marathon 89km: 7h08min  
 14<sup>th</sup> place - Dublin Marathon – 2:51:26

### PERSONAL PERFORMANCES 2017

14<sup>th</sup> place - Dubai Marathon – 2:57:03  
 1<sup>st</sup> place - Wadi Bih 30km Trail Race  
 4<sup>th</sup> place – Comrades 2017 – 6:45:45  
 12<sup>th</sup> place - Valencia Marathon – 2:37:22

