SPAR WOMANS CHALLENGE
2019
FEMALE ATHLETES

SPAR Women's CHALLENGE
10km/5km

Nedbank Running Club - Administrative Head Office
Tel: (012) 541 0577
Fax: (012) 541 3752
www.nedbankrunningclub.co.za

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CURRICULUM VITAE: **IRVETTE VAN ZYL**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Irvette van Zyl
COUNTRY: South Africa
DATE OF BIRTH: 1987/07/05
CLUB: Nedbank Running Club
EMAIL / CONTACT / TWITTER: irvievanblerk@gmail.com / 083 396 4208 / @irv87

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
10 km Road	32:06	Durban (RSA)	2018
Half Marathon	1:11:00	Port Elizabeth (RSA)	2016
Half Marathon	1:10:56	New York (USA)	2011
Marathon	2:31:26	London (GBR)	2013
Two Oceans 21km	1:12:06	Cape Town (RSA)	2011

PERSONAL BEST PERFORMANCES 2019

Dischem 21km 1:14:51, 1st
Deloitte Pretoria Marathon (agn) 42km 02:44:27, 1st
Two Oceans 56km 03:41:31, 3rd
Spar Ladies PE 33:38, 4th

PERSONAL BEST PERFORMANCES 2018

Soweto Marathon 02:33:43, 1st
Pietermaritzburg Spar Grand Prix Series 34:26, 1st
Cape Town 10 km 32:48, 1st
Johannesburg 10 km 33:52, 1st
Johannesburg SPAR Grand Prix Series 34:07, 1st
Durban 10 km 32:06, 3rd

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CURRICULUM VITAE: Rutendo Nyahora

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Rutendo Nyahora
DATE OF BIRTH: 11/11/1988
CLUB: Nedbank Running Club Zimbabwe
NATIONALITY: Zimbabwe
CONTACT / EMAIL / TWITTER: 071 085 0396 / rutendonyahora@gmail.com / @tendonyahora

PERSONAL BEST

Event	Result	Venue	Date
10 km Road	32:55	Cape Town (RSA)	2012
12 km Road	40:16	Cape Town (RSA)	.2015
15 km Road	53:41	Pretoria (RSA)	2015
Half Marathon	1:14:56	Zwolle (NED)	2012
Marathon	2:34:49	Wien (AUT)	2019
Two Oceans 21km	1:15:44	Cape Town (RSA)	2015

PERSONAL PERFORMANCES 2019

Wien Marathon (AUT) 2:34:49, 7th
Deloitte Pretoria (agn) 10km 35:31, 1st
Intercare Classic (agn) 21km 1:19:52, 1st
Two Oceans 21km 1:17:50, 5th
Spar Ladies PE 34:49
PetroSA 21km 1:14:29, 1st

PERSONAL PERFORMANCES 2018

Durban Spar Grand Prix Series 34:07, 5th
Pretoria Spar Grand Prix Series 34:24, 2nd
Pietermaritzburg Spar Grand Prix Series 34:56, 3rd
Cape Town 10 km 33:54, 2nd
1 Cape Town Gun Run 10 km 34:01

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CURRICULUM VITAE: **Rudo Mhonderwa**

PERSONAL DETAILS

FIRST NAME / SURNAME:	Rudo Mhonderwa
DATE OF BIRTH:	9 Sep 1995
CLUB:	Nedbank Running Club Zimbabwe
NATIONALITY:	Zimbabwe
EMAIL / CONTACT / TWITTER:	tabithatsatsa@gmail.com / 062 630 0922

PERSONAL BEST TIMES

Event	Result	Venue	Date
10 Kilometres	33:53	Durban (RSA)	2018
12 Kilometres	42:02	Cape Town (RSA)	2018
Half Marathon	1:14:41	Port Elizabeth (RSA)	2018
Two Oceans 21km	1:19:51	Cape Town (RSA)	2017

PERSONAL PERFORMANCES 2019

Two Oceans 21km 1:20:17, 9th
PetroSA 21km 1:18:10, 2nd

PERSONAL PERFORMANCES 2018

Cape Town Spar Grand Prix Series 35:18, 4th
Port Elizabeth Freedom Run 10K 36:23,5th
Port Elizabeth Spar Grand Prix Series 34:21, 4th
Durban Spar Grand Prix Series 33:53, 4th
Cape Town 12 km 42:02, 8th

PERSONAL PERFORMANCES 2017

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

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CURRICULUM VITAE: **Patience Murowe**

PERSONAL INFORMATION

FIRST NAMES / SURNAME:	Patience Murowe
DATE OF BIRTH:	28 August 1988
CLUB:	Nedbank Running Club Zimbabwe
NATIONALITY:	Zimbabwe
EMAIL / CONTACT / TWITTER:	pgarauzive6@gmail.com / 081 553 8055

PERSONAL BEST

Event	Result	Venue	Date
10 km Road	34:04	Port Elizabeth (RSA)	2019
21 km Road	1:15:55	Harry Gwala	2016

PERSONAL PERFORMANCES 2019

Deloitte Pretoria (agn) 21km, 1:24:50
Two Oceans 21km 1:19:02, 7th
Spar Ladies PE 34:04, 8th
Spar Ladies CT 35:29
Spar Ladies Durban 34:27, 10th

PERSONAL PERFORMANCES 2018

Outsurance Kfm Gun Run (wp) 21km, 1:17:39
Spar Womens Race (agn) 10km, 37:33
Old Mutual Two Oceans (wp) 21km, 1:17:33

PERSONAL PERFORMANCES 2017

1st, Johnsoncrane 21km, 1:18:29
1st, Deloitte 21km, 1:20:26
Spar Ladies Cape Town (wp), 10km, 35:27

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CURRICULUM VITAE: **Helalia Johannes**

PERSONAL INFORMATION

FIRST NAMES / SURNAME:	Helalia Johannes
DATE OF BIRTH:	13 August 1980
CLUB:	Nedbank Running Club Namibia
NATIONALITY:	Namibia
EMAIL / CONTACT / TWITTER:	pgarauzive6@gmail.com / 081 553 8055

PERSONAL BEST

Event	Result	Venue	Date
10 Kilometres	30:59	Durban (RSA)	2019
20 Kilometres	1:11:30	East London (RSA)	2006
Half Marathon	1:10:30	Cape Town (RSA)	2019
Marathon	2:22:25	Nagoya (JPN)	2019

PERSONAL PERFORMANCES 2019

Two Oceans Half Marathon, Cape Town 1:10:30, 1st
Women's Marathon, Nagoya 2:22:25, 1st
Spar Ladies PE 31:51, 1st
Spar Ladies CT 31:45, 1st
Spar Ladies Durban 30:59, 1st
Bogota International half marathon 1:12:16

PERSONAL PERFORMANCES 2018

Port Elizabeth Half Marathon 1:10:51, 2nd
Gold Coast Commonwealth Games 2:32:40, 1st
Cape Town Marathon 2:29:28, 1st

PERSONAL PERFORMANCES 2017

Vienna City Marathon 2:29:25, 6th
London IAAF World Championships in Athletics 2:32:01
Cape Town Marathon 2:30:28, 2nd

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CURRICULUM VITAE: **Tadu Teshome Nare**

PERSONAL INFORMATION

FIRST NAMES / SURNAME:	Tadu Teshome Nare
DATE OF BIRTH:	9 June 2001
CLUB:	Nedbank Running Club Ethiopia
NATIONALITY:	Ethiopia

PERSONAL BEST

Event	**Result**	**Venue**	**Date**
800m	2:04	Ethiopia	
1500m	4:16	Ethiopia	
10km	32:38	Port Elizabeth (RSA)	2019
Half Marathon	1:10:21	Port Elizabeth (RSA)	2019

PERSONAL PERFORMANCES 2019

Spar Ladies Port Elizabeth 32:38, 2nd
Spar Ladies Cape Town 32:56, 3rd
Spar Ladies Durban 32:38, 2nd
SA Half Marathon Champs 1:10:21, 1st

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CURRICULUM VITAE: Sarah Naibei

PERSONAL INFORMATION

FIRST NAMES / SURNAME:	Sarah Naibei
COUNTRY:	Kenya
DATE OF BIRTH:	12 Mar 1999
CLUB:	Nedbank International
EMAIL / CONTACT / TWITTER:	craigfry276@gmail.com

Personal Bests

Event	Result	Venue	Date
3000 Metres Steeplechase	11:59.5h	Nairobi (KEN)	2010
10 Kilometres	33:22	Cape Town (RSA)	2019
15 Kilometres	54:15	Bilbao (ESP)	2018

PERSONAL PERFORMANCES 2019

Spar Grand Prix Series, Cape Town 4th, 33:22
SA Half Marathon Champs 1:10:54, 2nd

PERSONAL PERFORMANCES 2018

Bilbao 15 km (ESP) 6th, 54:15

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