

CURRICULUM VITAE: Tanya Posthumus-Fox

PERSONAL DETAILS

FIRST NAME / SURNAME: Tanya Posthumus-Fox
DATE OF BIRTH: 10 October 1980
CLUB: Nedbank Running Club WP
NATIONALITY: South Africa

PERSONAL BEST TIMES

Distance	Time	Venue	Year
10km	38:38	Trinidad Alfonso Maraton, Valencia	2017
21km	1:27:12	Meia-Maratona, Belem, Lisbon	2017
42.2km	3:09:29	Blouberg, Nedbank Virtual Event	2020
Two Oceans 21km	1:27:16	Newlands, Cape Town	2016

Best Performances 2025

Gun Run 10km, 42:22, 3rd in age category, 14/09/2025
 Sanlam Cape Town Peace Run 10km, 43:14, 3rd in age category, 18/10/2025
 Century City Express 10km, 43:25, 3rd in age category, 01/03/2025
 Slave Route 10km, 44:53, 2nd in age category, 3 rd female, 01/06/2025
 Tyger Run 15km, 1:09:18, 4th in age category, 21/03/2025
 Two Oceans Half Marathon, 1:39:56, 16th in age category, 06/04/2025

Best Performances 2024

Century City Express 10km, 40:52, 2nd in age category, 02/03/2024
 Gun Run 10km, 41:36, 3rd in age category, 14/09/2024
 MP Titans 10km, 42:37, 2nd in age category, 10/11/2024
 Weskus Marathon 10km, 43:15, 1st female, 16/03/2024
 TimberCity Fish Hoek AC Black Hill 13km, 58:00, 1st female, 27/01/2024
 Constantia Village 15km, 1:04:17, 1st in age category, 09/03/2024
 WP Cross Country Champs 4km, Master Women 40-45, Gold, 10/08/2024
 Spartan Harriers Firgrove Challenge 15km, 1:06:32, 3rd in age category, 03/02/2024
 Slave Route 10km, 44:10, 2nd in age category, 24/03/2024

Best Performances 2023

Two Oceans Half Marathon, 1:33:36, 3rd in age category, 16/04/2023
 Blouberg 21km, 1:33:33, 1st in age category, 27/08/2023
 Gun Run 10km (9km), 36:22, 3rd in age category & 5 th female, 16/09/2023
 Century City Express 10km, 41:16, 3rd in age category, 04/03/2023
 UWC Fast & Flat, 41:40, 2nd in age category, 03/06/2023
 Winelands Marathon 10km, 42:06, 2nd in age category, 25/11/2023
 ARD AC 3 Vlei Race 10km, 42:35, 3rd in age category, 29/10/2023
 Bellville Bakgat 10km, 42:59, 2nd female, 7/10/2023
 Slave Route 10km, 44:09, 1st in age category, 28/05/2023
 Spartan Harriers Firgrove Challenge 15km, 1:04:58, 2nd in age category, 04/02/2023
 Tyger Run 15km, 1:05:50, 3rd in age category, 21/03/2023
 27 for Freedom 27km, 2:08:00, 2nd in age category, 11/02/2023
 WP Cross Country Champs 4km, 17:36, Master Women 40-45, Bronze, 19/08/2023

Best Performances 2022

Spar Grand Prix Cape Town 10km, 40:59, 8th in age category, 23/10/2022
 Edgemoed 10km, 41:10, 2nd in age category, 12/11/2022

Best Performances 2021

Sanlam Cape Town Marathon, 3:11:33, 19th in age category, 17/10/2021

