

# RUNNER PROFILE

NAME: ADMIRE MUZOPAMBWA

## STATS, STATS AND MORE STATS

Age: 37

Sex: Male

Weight: 62kgs

## MEDICAL HISTORY

When was your last medical check-up?

...18 2020 .....

Any ailments OR medication?

.....None

Are you cleared to run?

...Yes .....

## RUNNING MEDICAL HISTORY

Please provide information on injuries and treatments over the past year

.....No injuries in the past year ..

Please mention current injuries and treatment

.....No injuries at the moment ....

## RUNNING HISTORY

How long have you been running?

...Since 2014

How many days a week do you run?

| 6 days a week Monday is rest day for strength workouts.

.....Average 85-120.

Longest run you have done?

...Ultra Trail Cape Town 100km and Comrades Marathon 90km ..

Longest run in the last year?

...Ultra trail 100km and Comrades Marathon 90km .

Are you a road runner, trail runner, OCR athlete, or a combination of these?

I'm. Road runner and also Trail runner

Your PBs and when you set them (if you have a record of these)

5km:...14:43 February 02 2020 .....

10km:.....32:48 August 25 2020

15km:..... 53:00 Kudus 15km January 2020

21km:.....01:09:58 Urithi Challenge September 5th 2020...

32km:.....32km Tough one 01:48 November 2018

42km Marathon: September 2019 Cape Town Marathon 02:29:50

50km:.....Om die Dam 03:06:12 2018

56km:.....None Yet

Comrades Marathon:...06:40 June 2019

Trails such as Otter, Salomon Skyrun etc.:

.....None yet

**Rhino Peak challenge 21 km 03:06**

**Ultra trail drakensberg 22 April 2021 - 160km**

Please provide a brief overview of your running over the past year, races you did

. My running over the past years been going well, I have managed to achieve some good goals. Winning Wings for life world run May 2018 and later that year going to Germany to run Frankfurt Marathon which I surprised myself with a finish time 02:30:19.

**And at the moment im venturing more into trails and i might stay there for long especially the ultra**

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Please provide your plans for 2021, races entered and goal times

2021 all I want is to race Pick n Pay Marathon and try do sub 02:30: finish since I have a 02:32:54 from 2019. And I want to be too 10 comrades Marathon with a sub 6hour run. And possibly go to Europe for a fast goal 02:17: Marathon finish.

If i can win a ultra trail that will be superb for me sonimngoin to UTD 160km fired up  
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2020 - YOUR YEAR SO FAR, RACES AND TIMES

Rhino peak Challenge 21km trail Winner.

Only race because COVID19 happened we only Virtual racing

YOUR OWN VIEW

How do you see yourself as a runner?

. Self motivated and very ambitious runner who pushes himself towards achieving something he's never done before. Dedicated and believes in hard work.

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Your weaknesses

following Coaches rules or commands, Chasing someone who passes me in a race.

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Your strengths

.. Waking up everyday chasing goals. An changing the outcome of a race from poor performance to a great run. Very Focused

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Areas that concern you to be improved

Need to Listen to Coach and taking it step by step. Not worrying about who's chasing me but the finish line

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**Signed:**

**Admire Muzopambwa.**

A handwritten signature in black ink, appearing to read 'Admire Muzopambwa'. The signature is stylized with a series of vertical lines on the left side, followed by a cursive script.