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CURRICULUM VITAE: **Jeannie Henderson**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Jeannie Henderson

**DATE OF BIRTH:** 25 September 1979

**CLUB:** Nedbank Running Club

**NATIONALITY:** RSA

**PERSONAL BEST TIMES**

**Distance Time Year Venue**

Marathon 2:53:05 2021 Cape Town (RSA)

Half Marathon 1:21:13 2022 Gqeberha (RSA)

10km 38:10 2022 Tshwane (RSA)

**Best Performances 2025**

Two Oceans Marathon (RSA) 56km, 4:12:29, 15th

**Best Performances 2024**

Comrades Marathon - Up Run (RSA) 89km, 6:54:53, 20th

Two Oceans Marathon (RSA) 56km, 3:59:59, 11th

**Best Performances 2023**

Comrades Marathon - Down Run (RSA) 89km 6:53:25

Tshwane North Ultra (RSA) 50km, 3:56:24, 1st

Irene Running Festival 48K (RSA) 48km, 3:36:33, 6th

Sanlam Cape Town Marathon, 2:54:54, 14th

**Best Performances 2022**

Comrades Marathon - Down Run (RSA) 89km, 7:11:11, 17th

Om Die Dam 50km (RSA) 50km, 3:52:10

Two Oceans Marathon (RSA) 56km, 4:12:41