



CURRICULUM VITAE: Rudo Mhonderwa

PERSONAL DETAILS

FIRST NAME / SURNAME: Rudo Mhonderwa
DATE OF BIRTH: 9 September 1995
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe
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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

PERSONAL PERFORMANCES 2020

Phobians Pretoria (agn) 10km 37:03

PERSONAL PERFORMANCES 2019

Outsurance Gun Run (wp) 10km 34:23
Petrosa (swd) 21km 1:17:56
Phobians (agn) 15km 55:30
Spar Womens (wp) 10km 36:49

PERSONAL PERFORMANCES 2018

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

PERSONAL PERFORMANCES 2017

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

PERSONAL PERFORMANCES 2016

Mandela Day 10km, 35:15
Victoria Falls 21km. (Zim), 1:21:55 2nd



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