



**SPAR**  
**Women's**  
**CHALLENGE**

**SPAR WOMANS CHALLENGE  
2021**

**NEDBANK RUNNING CLUB  
ATHLETES**



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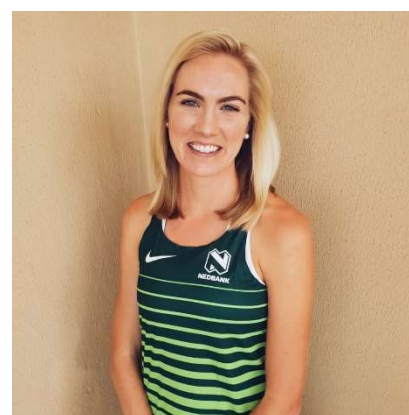
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## CURRICULUM VITAE: **Stella Marais**

### **PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Stella Marais  
**DATE OF BIRTH:** 25 November 1992  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South African  
**EMAIL:** [maraisstella@gmail.com](mailto:maraisstella@gmail.com)  
**CONTACT:** 079 192 3253  
**TWITTER:** @StellaMarais1  
**INSTAGRAM:** #stellamarais



### **PERSONAL BEST TIMES**

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
800 Metres	2:11.50	Polokwane (RSA)	2016
1000 Metres	2:52.88	Johannesburg (RSA)	2016
1500 Metres	4:23.94	Port Elizabeth (RSA)	2016
3000 Metres	9:51.37	Stellenbosch (RSA)	2015
5000 Metres	16:18.38	Stellenbosch (RSA)	2021
10,000 Metres	38:01.52	Germiston (RSA)	2019
10Km	35:00	Cape Town (RSA)	2017
Half Marathon	1:18:48	Port Elizabeth (RSA)	2018

### **Best Performances 2021**

CGA Open Meet One 5000m, Stadium, Boksburg, 17:29.80, 2<sup>nd</sup>  
AGN League 1, 5000m, Bestmed Tuks Stadium, Pretoria, 17:03.53, 2<sup>nd</sup>  
Invitational Middle Distance Track Series 5000m, Coetzenburg Stadium, 16:18.38, 3<sup>rd</sup>  
AGN Ch. 5000m, Bestmed Tuks Stadium, Pretoria, 17:09.79, 3<sup>rd</sup>  
South African Ch. 5000m, Bestmed Tuks Stadium, Pretoria, 16:45.03, 5<sup>th</sup>  
Nelson Mandela Bay Half Marathon, Port Elizabeth, 1:20:38

### **CAREER HIGHLIGHTS**

1st SA Championship 4km Cross Country George, 2016  
1st SA Championship 8km Mixed Relay Cross Country Potchefstroom, 2017  
2nd place SA Championship 4km Cross Country, Potchefstroom 2017  
1st place USSA Championship 4km Cross Country, Kimberly 2017  
15th Overall in the Spar GrandPrix competition, 2018  
10th place SA Championship 21km, Port Elizabeth, 2018  
11th place Two Oceans Marathon 21km, 2018



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## CURRICULUM VITAE: ANEL TERBLANCHE

### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Anel Terblanche  
**COUNTRY:** South Africa  
**DATE OF BIRTH:** 1987/02/26  
**CLUB:** Nedbank Running Club  
**EMAIL:** amoelich@gmail.com  
**CONTACT:** 083 357 1349



### PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
800m	2:15.84	Cape Town (RSA)	2018
1500m	4:30.82	Stellenbosch (RSA)	2016
One Mile	5:11.13	Cape Town (RSA)	2015
3000m	9:56.34	Cape Town (RSA)	2017
5000m	17:32.04	Cape Town (RSA)	2017
10,000m	36:35.52	Parow (RSA)	2021
10km	35:53	Elsie's River (RSA)	2015
12km	44:54 *	Cape Town (RSA)	2016
15km	55:22	Eersterivier (RSA)	2018
Half Marathon	1:19:26	Port Elizabeth (RSA)	2018

### Best Performances 2021

WPA Track & Field Championship League Series Meeting 2, 5000m, Athletic Track, Parow, 17:53.57, 1<sup>st</sup>  
WPA Track & Field Championship League Series Meeting 3, 10000m, Athletic Track, Parow, 36:35.52, 1<sup>st</sup>  
South African Ch.10000m, Bestmed Tuks Stadium, Pretoria, 37:39.57, 9<sup>th</sup>

### Best Performances 2018

Parow WPA League, 1500m, Parow, 4:40.90, 1st  
Cape Town 10km, Cape Town, 35:57, 1st  
Cape Town Old Mutual 10km, Cape Town, 36:26, 1st  
Bellville Spar Grand Prix Series 10km, Bellville, 36:20, 10th  
Port Elizabeth Spar Grand Prix Series 10km, Port Elizabeth, 36:04  
Durban Spar Grand Prix Series 10km, Durban, 37:03  
Cape Town 12km, Cape Town, 45:17  
Eersterivier Avbob 15km, Eersterivier, 55:22, 1st  
Port Elizabeth Half Marathon, Port Elizabeth, 1:19:26



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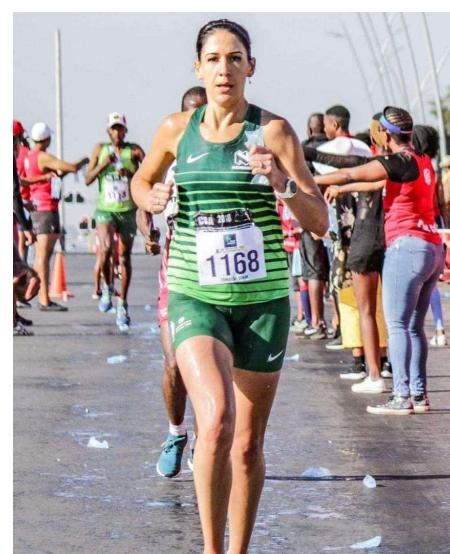




## CURRICULUM VITAE: CHRIZELL ROBERTS

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Chrizell Roberts  
**DATE OF BIRTH:** 20 May 1987  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South African  
**EMAIL:** [christina.e.roberts@gmail.com](mailto:christina.e.roberts@gmail.com)  
**INSTAGRAM:** @chrizellroberts  
**TWITTER:** @chrizell\_e



### PERSONAL BEST TIMES

Distance	Time
10 km Road	38:18
Half Marathon	1:22:27
Marathon	2:50:21
48 km Road	3:50:28

### Best Performances 2021

Nedbank Runified 50km 3:32:55, 15<sup>th</sup>  
Nelson Mandela Bay Half Marathon, Port Elizabeth, 1:22:27

### Best Performances 2020

Uniwisp Marathon 2:50:51, 1<sup>st</sup>  
Dis-Chem Half Marathon 1:25:28, 1<sup>st</sup>

### Best Performances 2019

Glencore 15km 1<sup>st</sup>  
Goldi Marathon 3:33:09, 2<sup>nd</sup>  
Township Marathon 3:29:45, 2<sup>nd</sup>  
Potato Pride Half Marathon 1:34:14, 1<sup>st</sup>  
Rober Ultra Marathon 50km 2<sup>nd</sup>  
Clearwater Mall 10km 3<sup>rd</sup>  
Maximed Night Race 10km 1<sup>st</sup>  
Fat Cats 10 km 3<sup>rd</sup>  
Sasol Night Race 10km 41:49, 1<sup>st</sup>  
Skosana Road Race 10km 2<sup>nd</sup>



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## CURRICULUM VITAE: Tadu Teshome Nare

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Tadu Teshome Nare  
**DATE OF BIRTH:** 9 June 2001  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Ethiopia  
**EMAIL:** [thomassw2002@yahoo.com](mailto:thomassw2002@yahoo.com)  
**CONTACT:** [+251 97 538 1426](tel:+251975381426)



### PERSONAL BEST

Event	Result	Venue	Date
800 Metres	2:06.36	Assela (ETH)	2017
1500 Metres	4:13.71	Cape Town (RSA)	2021
10km	32:34	Durban (RSA)	2019
Half Marathon	1:09:09	Port Elizabeth (RSA)	2021

### PERSONAL PERFORMANCES 2021

Nelson Mandela Bay Half Marathon, Port Elizabeth, 1:09:09, 3<sup>rd</sup>  
Olympic candidate trial competition, Addis Abeba 4:23.3h, 4<sup>th</sup>  
Invitational Middle Distance Track Series, Coetzenburg Stadium, Stellenbosch 4:15.51, 1<sup>st</sup>  
Invitational Middle Distance Track Series, Coetzenburg Stadium, Stellenbosch 4:13.71, 1<sup>st</sup>

### PERSONAL PERFORMANCES 2020

Ethiopian Clubs Competition, Addis Abeba 4:21.2h, 2<sup>nd</sup>  
Ras Al Khaimah Half Marathon, Ras Al Khaimah 1:09:57, 12<sup>th</sup>

### PERSONAL PERFORMANCES 2019

Spar Ladies Port Elizabeth 32:38, 2<sup>nd</sup>  
Spar Ladies Cape Town 32:56, 3<sup>rd</sup>  
Spar Ladies Durban 32:38, 2<sup>nd</sup>  
SA Half marathon championship 1:10:20, winner  
Spar Ladies Pretoria 34:13, 2<sup>nd</sup>  
Spar Ladies Pietermaritzburg 33:06, 2<sup>nd</sup>



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## CURRICULUM VITAE: Rudo Mhonderwa

### **PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Rudo Mhonderwa  
**DATE OF BIRTH:** 9 September 1995  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Zimbabwe  
**EMAIL:** [tabithatsatsa@gmail.com](mailto:tabithatsatsa@gmail.com)  
**CONTACT:** [081 260 4192](tel:0812604192)



### **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 2021**

Nelson Mandela Bay Half Marathon, Port Elizabeth, 1:17:38, 17<sup>th</sup>

### **PERSONAL PERFORMANCES 2020**

Phobians Pretoria (agn) 10km 37:03

### **PERSONAL PERFORMANCES 2019**

Oursurance 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, 1<sup>st</sup>  
Harry Gwala 21km, 1:15:22, 3rd



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## CURRICULUM VITAE: **Patience Murowe**

### **PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Patience Murowe  
**DATE OF BIRTH:** 28 Augustus 1988  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Zimbabwe  
**EMAIL:** [pgarauzive6@gmail.com](mailto:pgarauzive6@gmail.com)  
**CONTACT:** [+263 77 915 1505](tel:+263779151505)



### **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 2021**

Nelson Mandela Bay Half Marathon, Port Elizabeth, 1:18:41, 20<sup>th</sup>

### **PERSONAL PERFORMANCES 2020**

Phobians Pretoria (agn) 21km 1:26:01

### **PERSONAL PERFORMANCES 2019**

Deloitte Pretoria (agn) 21km, 1:24:50

**Two Oceans 21km 1:19:02, 7<sup>th</sup>**

Spar Ladies PE 34:04, 8<sup>th</sup>

Spar Ladies CT 35:29

Spar Ladies Durban 34:27, 10<sup>th</sup>

Spar Ladies Pretoria 36:45, 10<sup>th</sup>

### **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**

1<sup>st</sup>, Johnsoncrane 21km, 1:18:29

1<sup>st</sup>, Deloitte 21km, 1:20:26

Spar Ladies Cape Town (wp), 10km, 35:27



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