

**SPAR WOMANS CHALLENGE**

**2023**

**NEDBANK RUNNING CLUB**

**ATHLETES**

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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

**CONTACT:** +251 97 538 1426

**PERSONAL BEST**

**Event Result Venue Date**

**800m 2:06.36 Assela (ETH) 2017**

**1500m 4:13.71 Stellenbosch (RSA) 2021**

**One Mile 4:45.28 Cape Town (RSA) 2022**

**10,000m 32:50.9h Hawassa (ETH) 2022**

**10km 31:28 Cape Town (RSA) 2021**

**Half Marathon 1:06:13 København (DEN) 2022**

**Marathon 2:17:36 Valencia (ESP) 2022**

**PERSONAL PERFORMANCES 2023**

TCS London Marathon, London GBR, 2:21:31, 8th

**PERSONAL PERFORMANCES 2022**

Under Armour Mile, Green Point Stadium, Cape Town, 4:45.28, 3rd

Ethiopian Championships, Hawassa ETH, 32:50, 10th

Spar Ladies Grand Prix Series - Gqeberha, Gqeberha, 32:11, 2nd

SPAR Grand Prix Durban, Durban, 31:50, 1st

SPAR Grand Prix Mbombela, Mbombela, 32:43, 1st

SPAR Grand Prix Tshwane, Tshwane, 32:44, 1st

SPAR Grand Prix Joburg, Johannesburg, 33:33, 1st

Nelson Mandela Bay Half Marathon, Gqeberha, 1:07:55, 3rd

Copenhagen Half Marathon, København DEN, 1:06:13, 1st

Riyadh Marathon, Riyadh KSA, 2:26:38, 1st

Maraton Valencia Trinidad Alfonso EDP, Valencia ESP, 2:17:36, 4th

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CURRICULUM VITAE: **Selam Fente Gebre**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Selam Fente Gebre

**DATE OF BIRTH:** 28 January 2003

**CLUB:** Nedbank Running Club

**NATIONALITY:** Ethiopia

**EMAIL:** thomassw2002@yahoo.com

**CONTACT:** +251 97 538 1426

**PERSONAL BEST**

**Event Result Venue Date**

**One Mile 4:58.62 Cape Town (RSA) 2022**

**5000 Metres 16:55.4h Hawassa (ETH) 2022**

**10 Kilometres 32:17 Durban (RSA) 2022**

**Half Marathon 1:09:40 Gqeberha (RSA) 2022**

**Marathon 2:30:30 Daegu (KOR) 2023**

**PERSONAL PERFORMANCES 2023**

Publix Atlanta Half Marathon, Atlanta, GA USA, 1:11:12, 3rd

Daegu International Marathon, Daegu KOR, 2:30:30, 7th

**PERSONAL PERFORMANCES 2022**

Ethiopian Championships 5000m., Hawassa ETH, 16:55, 18th

Under Armour Mile, Green Point Stadium, Cape Town RSA, 4:58.62, 8th

Spar Ladies Grand Prix Series - Gqeberha, Gqeberha RSA, 32:23, 3rd

SPAR Grand Prix Durban, Durban RSA, 32:17, 3rd

SPAR Grand Prix Mbombela, Mbombela RSA, 33:12, 3rd

Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:09:40, 5th

SPAR Grand Prix Tshwane, Tshwane RSA, 33:08, 2nd

SPAR Grand Prix Joburg, Johannesburg RSA, 34:13, 3rd

**PERSONAL PERFORMANCES 2021**

EDP Rock ‘n’ Roll Running Marathon Series Madrid, ESP 2:32:43, 3rd

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| Patience Murowe |

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

**CONTACT:** +263 77 915 1505

**PERSONAL BEST**

**Event Result Venue Date**

**10 km Road 34:04** Port Elizabeth (RSA)2019

**21 km Road** 1:15:55Harry Gwala 2016

**PERSONAL PERFORMANCES 2023**

Totalsports Two Oceans Half Marathon, Cape Town RSA, 1:19:24, 6th

**PERSONAL PERFORMANCES 2022**

Spar Ladies Grand Prix Series Gqeberha RSA, 35:06

SPAR Grand Prix Tshwane RSA, 36:25, 10th

Totalsports Two Oceans Half Marathon, Cape Town RSA, 1:18:04, 9th

**PERSONAL PERFORMANCES 2021**

Nelson Mandela Bay Half Marathon, Port Elizabeth, 1:18:41, 20th

Spar Ladies Pietermaritzburg, 35:31, 8th

Spar Ladies Cape Town, 34:31, 5th

Spar Ladies Durban, 34:47, 11th

Spar Ladies JHB, 36:03, 9th

Spar Ladies Pretoria, 36:29, 11th

Spar Ladies Port Elizabeth, 34:55, 9th

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CURRICULUM VITAE: **Kelly van Vliet**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Kelly van Vliet

**DATE OF BIRTH:** 27 October 1987

**CLUB:** Nedbank Running Club

**NATIONALITY:** South African

**EMAIL:** [kelbel99@gmail.com](mailto:kelbel99@gmail.com)

**PERSONAL BEST TIMES**

**Distance Time Venue Date:**

10km 36:04 Port Elizabeth (RSA) 2022

15km 2:54:41 Cape Town (RSA) 2021

Half Marathon 1:18:47 Port Elizabeth (RSA) 2021

Marathon 2:54:41 Cape Town (RSA) 2021

50km 3:25:54 Port Elizabeth (RSA) 2021

**Best Performances 2023**

Totalsports Two Oceans Half Marathon, Cape Town RSA, 1:22:53, 8th

**Best Performances 2022**

Nedbank Runified 50km, 3:31:58, 8th

Kariega Human Race 10km, 37:29

Correctional Services Classic 10km, 36:08

Spar Grand Prix Gqeberha 10km, 36:04

**Best Performances 2021**

Nedbank Runified 50km 3:25:54, 10th

NMBM Legacy Series 1 Colchester, Port Elizabeth, 36:26, 3rd

NMBM Legacy Series 2 Colchester, Port Elizabeth, 36:28, 1st

Nelson Mandela Bay Half Marathon Port Elizabeth, 1:18:47

Sanlam Cape Town Marathon, Cape Town RSA, 2:54:41

**Best Performances 2019**

Nelson Mandela Bay Northern Areas Legacy Project 15-Km, 58:08, 2nd

Nelson Mandela Bay Half Marathon, Port Elizabeth, 1:21:56

Petro SA Marathon, Mossel Bay, 3:00:41, 8th