



SPAR WOMANS CHALLENGE 2020 FEMALE ATHLETES

SPAR 
Women's
CHALLENGE
10km/5km



Nedbank Running Club - Administrative Head Office
Tel: (012) 541 0577
Fax: (012) 541 3752
www.nedbankrunningclub.co.za



CURRICULUM VITAE: GERDA STEYN



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Gerda Steyn
COUNTRY: R.S.A
DATE OF BIRTH: 1990/03/03
CLUB: Nedbank Running Club
EMAIL / CONTACT / TWITTER: gerda.run@gmail.com / 072 656 3030 / @gerdarun

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Location</u>	<u>Date</u>
10km	32:24	Dubai	2020
Half Marathon	1:10:55	UAE	2020
Marathon	2:31:04	New York	2018
Two Oceans 56km	3:31:28	Cape Town	2019
Comrades Marathon	5:58:53	Durban	2019

PERSONAL PERFORMANCES 2020

Dubai 10km 32:24, 1st
 Ras Al Khaimah Half Marathon, Ras Al Khaimah 1:10:55, 13th

PERSONAL PERFORMANCES 2019

RAK Half Marathon, Ras Al Khaimah (UAE) 1:12:35, 9th
 Two Oceans 56km 3:31:28, 1st
 Comrades Marathon 5:58:53, 1st (New Record)
 SA Half Marathon 1:11:54, 4th
 Asda Foundation Middlesbrough 10km, 33:05, 1st
 FNB Joburg 10K Cityrun, Johannesburg 34:31, 3rd

PERSONAL PERFORMANCES 2018

Two Oceans 56km 3:39:32, 1st
 Comrades Marathon 6:15:34, 2nd
 New York Marathon 2:31:04, 13th
 FNB 10km Durban, 33:36, 5th



Nedbank Running Club - Administrative Head Office
 Tel: (012) 541 0577
 Fax: (012) 541 3752
www.nedbankrunningclub.co.za



CURRICULUM VITAE: IRVETTE VAN ZYL



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Irvette van Zyl
COUNTRY: South Africa
DATE OF BIRTH: 1987/07/05
CLUB: Nedbank Running Club
EMAIL / CONTACT / TWITTER: irvievanblerk@gmail.com / 083 396 4208 / @irv87

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
10 km Road	32:06	Durban (RSA)	2018
Half Marathon	1:11:00	Port Elizabeth (RSA)	2016
Half Marathon	1:10:56	New York (USA)	2011
Marathon	2:31:26	London (GBR)	2013
Two Oceans 21km	1:12:06	Cape Town (RSA)	2011

PERSONAL BEST PERFORMANCES 2019

Dischem 21km 1:14:51, 1st
 Deloitte Pretoria Marathon (agn) 42km 02:44:27, 1st
 Two Oceans 56km 03:41:31, 3rd
 Spar Ladies PE 33:38, 5th
 Spar Ladies CT 33:43, 7th
 Spar Ladies Durban 33:43, 3rd
 Soweto Marathon 02:34:01, 1st

PERSONAL BEST PERFORMANCES 2018

Soweto Marathon 02:33:43, 1st
 Pietermaritzburg Spar Grand Prix Series 34:26, 1st
 Cape Town 10 km 32:48, 1st
 Johannesburg SPAR Grand Prix Series 34:07, 1st
 Durban 10 km 32:06, 3rd



Nedbank Running Club - Administrative Head Office
 Tel: (012) 541 0577
 Fax: (012) 541 3752
www.nedbankrunningclub.co.za



CURRICULUM VITAE: Ntombesintu Mfunzi



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Ntombesintu Mfunzi
COUNTRY: R.S.A
DATE OF BIRTH: 1981/12/27
CLUB: Nedbank Running Club EPA
EMAIL / CONTACT / TWITTER: ntombesintumfunzi@yahoo.co.za / 079 671 9059 / @ntombesm

Personal Bests

Event	Result	Venue	Date
10 Kilometres	34:35:00	Stellenbosch (RSA)	2009
Half Marathon	1:16:30	Port Elizabeth (RSA)	2011
Marathon	2:47:56	Cape Town (RSA)	2018
50km	3:40:33	Johannesburg (RSA)	2013

Bests Performances Two Oceans

2018 Two Oceans Marathon 56km 3:59:27 10th
 2017 Two Oceans Marathon 56km 4:01:21 5th
 2015 Two Oceans Marathon 56km 4:21:05 16th
 2014 Two Oceans Marathon 56km 4:00:53 8th
 2012 Two Oceans Marathon 56km 3:52:38 8th

Bests Performances 2020

NMBM One City Marathon 02:53:41. 1st

Bests Performances 2019

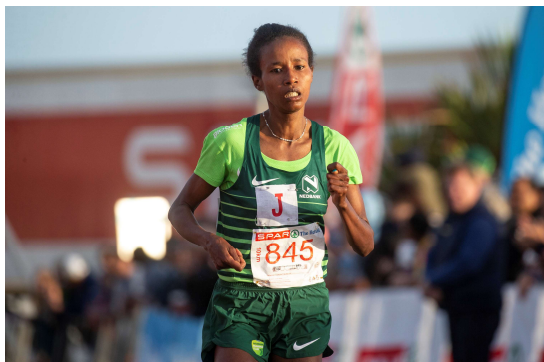
IAU 50km WC Brasov (ROU) 3:44:23
 Freedom Run 10km, Port Elizabeth 36:06, 5th
 Cassie's 15km, Port Elizabeth 57:22, 1st
 Nelson Mandela Bay Half Marathon, Port Elizabeth 1:20:05
 HAJ Hannover Marathon, Hannover 2:48:53, 13th



Nedbank Running Club - Administrative Head Office
 Tel: (012) 541 0577
 Fax: (012) 541 3752
www.nedbankrunningclub.co.za



CURRICULUM VITAE: **Tadu Teshome Nare**



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Tadu Teshome Nare
DATE OF BIRTH: 9 June 2001
CLUB: Nedbank Running Club Ethiopia
NATIONALITY: Ethiopia
CONTACT: thomassw2002@yahoo.com

PERSONAL BEST

Event	Result	Venue	Date
800m	2:04	Ethiopia	
1500m	4:16	Ethiopia	
10km	32:38	Port Elizabeth (RSA)	2019
21km	1:09:57	UAE	2020

PERSONAL PERFORMANCES 2020

Ras Al Khaimah Half Marathon, Ras Al Khaimah 1:09:57, 12th

PERSONAL PERFORMANCES 2019

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



Nedbank Running Club - Administrative Head Office
 Tel: (012) 541 0577
 Fax: (012) 541 3752
www.nedbankrunningclub.co.za



CURRICULUM VITAE: **Patience Murowe**



PERSONAL INFORMATION

FIRST NAMES / SURNAME: Patience Murowe
DATE OF BIRTH: 28 August 1988
CLUB: Nedbank Running Club Zimbabwe
NATIONALITY: Zimbabwe
EMAIL / CONTACT / TWITTER: pgarauzive6@gmail.com / 081 553 8055

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 2019

Deloitte Pretoria (agn) 21km, 1:24:50
 Two Oceans 21km 1:19:02, 7th
 Spar Ladies PE 34:04, 8th
 Spar Ladies CT 35:29
 Spar Ladies Durban 34:27, 10th
 Spar Ladies Pretoria 36:45, 10th

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

1st, Johnsoncrane 21km, 1:18:29
 1st, Deloitte 21km, 1:20:26
 Spar Ladies Cape Town (wp), 10km, 35:27



Nedbank Running Club - Administrative Head Office
 Tel: (012) 541 0577
 Fax: (012) 541 3752
www.nedbankrunningclub.co.za



CURRICULUM VITAE: **Rudo Mhonderwa**



PERSONAL DETAILS

FIRST NAME / SURNAME: Rudo Mhonderwa
DATE OF BIRTH: 9 Sep 1995
CLUB: Nedbank Running Club Zimbabwe
NATIONALITY: Zimbabwe
EMAIL / CONTACT / TWITTER: tabithatsatsa@gmail.com / 062 630 0922

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 2019

Freedom Run 10K, Port Elizabeth 34:20, 1st
 Phobians 15K, Pretoria 55:30, 1st
 Orange Phikwe Half Marathon, Selibe Phikwe 1:15:15, 1st

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



Nedbank Running Club - Administrative Head Office
 Tel: (012) 541 0577
 Fax: (012) 541 3752
www.nedbankrunningclub.co.za