



## CURRICULUM VITAE: **Star Shayamano**

### **PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Star Shayamano  
**DATE OF BIRTH:** 24 September 1994  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Zimbabwe  
**CONTACT:** 0658295185  
**EMAIL:** [starrunfast@gmail.com](mailto:starrunfast@gmail.com)

### **PERSONAL BEST TIMES 2019/20**

DISTANCE:	TIME:
10km - Melkbosstrand	35:05
12km - FNB12 ONERUN	43:10
10km - Westgate Race	54:39
10km - Century City	77:55
10km - Gugulethu Race	01h59min
10km - Leapfrog Race	02h50min
10km - Cape Town Race	32:53
15km - Tableview Race	49:30
10km - Spartan Harriers	31:44
10km - Nedbank RC CPT Club Race (2020)	30:05
15km - Nedbank RC CPT Club Race (2020)	51:11

### **TRACK AND CROSS COUNTRY 2019/20**

DISTANCE:	TIME:
3000m - Parow Meeting	08:24
5000m - Boland Meeting	14:43
1500m - Boland Paarl	04:02
10 000m - Greenpoint Meeting	31:14
4km - Cross Country winner	11:42

### **ACHIEVEMENTS: CLUB LEVEL**

Nedbank RC CT Male runner up Track & Field year 2019



**NEDBANK RUNNING CLUB** | ADMINISTRATIVE OFFICE

Office: (012) 541 0577 Fax: (012) 541 3752 [www.nedbankrunningclub.co.za](http://www.nedbankrunningclub.co.za)

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