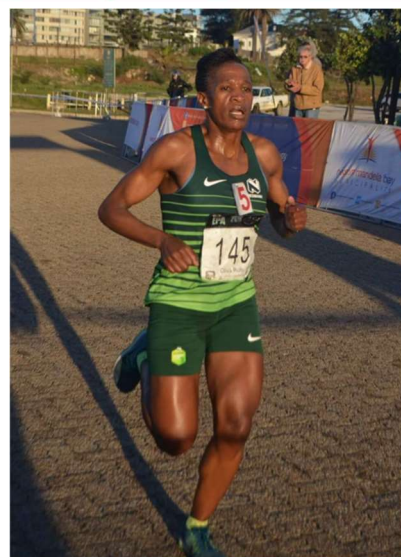




CURRICULUM VITAE: **Ntombesintu Mfunzi**

PERSONAL INFORMATION

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



Personal Bests

Event	Result	Venue	Date
1500m	4:42.5h	Port Elizabeth (RSA)	2005
3000m	9:52.63	Potchefstroom (RSA)	2011
5000m	16:37.30	Port Elizabeth (RSA)	2010
10km	34:35	Stellenbosch (RSA)	2009
12km	43:29	Cape Town (RSA)	2017
15km	54:13	Port Elizabeth (RSA)	2013
Half Marathon	1:16:30	Port Elizabeth (RSA)	2010
Marathon	2:47:56	Cape Town (RSA)	2018

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 2021

NMBM Legacy Series 1 Colchester 10km, Port Elizabeth RSA 37:17, 4th
NMBM Legacy Series 2 Colchester 10km, Port Elizabeth RSA 36:56, 3rd
NMBM 10km Series 4, Port Elizabeth RSA 37:38, 4th
SPAR Grand Prix Gqeberha 10km, Gqeberha RSA 37:19
NMB Gelvandale 15km, Port Elizabeth RSA 58:51, 4th
Sanlam Cape Town Marathon, Cape Town RSA 2:50:46, 16th

Bests Performances 2020

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



BIOGEN
FOR THE RESULTS YOU WANT

Bavaria 00
explore your taste

FUTURELIFE
Smart nutrition for life

THIRSTI

NEDBANK RUNNING CLUB | ADMINISTRATIVE OFFICE

Office: (012) 541 0577 Fax: (012) 541 3752 www.nedbankrunningclub.co.za

#MoreThanAClub



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



BIOGEN
FOR THE RESULTS YOU WANT

Bavaria 00
explore your taste

FUTURELIFE
Smart nutrition for life

THIRSTI

NEDBANK RUNNING CLUB | ADMINISTRATIVE OFFICE

Office: (012) 541 0577 Fax: (012) 541 3752 www.redbankrunningclub.co.za

#MoreThanAClub