



## CURRICULUM VITAE: **Shelmith Muriuki**

### **PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Shelmith Muriuki  
**DATE OF BIRTH:** 2 November 1984  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** Kenya

### **PERSONAL BEST**

<b>Event</b>	<b>Result</b>	<b>Venue</b>	<b>Date</b>
10,000m	34:25.2h	Nakuru (KEN)	2015
3000m Steeplec	11:06.0h	Nairobi (KEN)	2013
8 Kilometres	26:36	Baghdad (IRQ)	2017
10 Kilometres	32:33	Taroudant (MAR)	2019
Half Marathon	1:14:05	Pune (IND)	2015
Marathon	2:33:00	Las Palmas (ESP)	2019
50km	3:08:29	Port Elizabeth (RSA)2022	



### **PERSONAL PERFORMANCES 2022**

Nedbank Runified 50km, 3:08:29, 2<sup>nd</sup>

Two Oceans 56km, 3:35:26, 4<sup>th</sup>

Race to Equality Half Marathon, Johannesburg RSA, 1:17:45, 2<sup>nd</sup>

Miway Wally Hayward Half Marathon, Centurion RSA, 1:17:09, 1<sup>st</sup>

Bangabandhu Sheikh Mujib Dhaka Marathon, Dhaka BAN, 2:38:22, 4<sup>th</sup>

Access Bank Lagos City Marathon, Lagos NGR, 2:46:08, 11<sup>th</sup>

Durban International Marathon, Durban RSA, 2:37:54, 1<sup>st</sup>

Kuala Lumpur Standard Chartered Marathon, Kuala Lumpur MAS, 2:44:16, 1<sup>st</sup>

### **PERSONAL PERFORMANCES 2021**

Ijebu Heritage Half Marathon, Ijebu Ode (NGR) 1:19:21, 13<sup>th</sup>

CRDB Bank Marathon, Dar-es-Salaam (TAN) 2:42:00, 1<sup>st</sup>



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