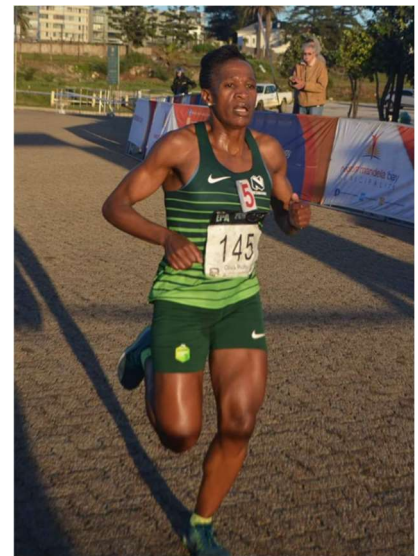




CURRICULUM VITAE: **Ntombesintu Mfunzi**

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Ntombesintu Mfunzi
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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 2022

Vukani 15km, 57:15, 1st
Spar Cape Town, 37:11, 18th

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



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Sanlam Cape Town Marathon, Cape Town RSA 2:50:46, 16th

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

HAI Hannover Marathon, Hannover 2:48:53, 13th



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