CURRICULUM VITAE: POPPY MLAMBO

PERSONAL INFORMATION

SURNAME:	Mlambo
FIRST NAMES:	Poppy
COUNTRY:	R.S.A.
DATE OF BIRTH:	7 December 1980
ID:	801207 0759 086
CLUB:	Nedbank Running Club

PERSONAL PERFORMANCES 2002
Soweto Development 10km, time: 35:07
Soweto 15km, time: 51:23

PERSONAL PERFORMANCES 2003
Soweto 10km, time: 35:35

PERSONAL PERFORMANCES 2004
Rac (ladies) 10km, 1st, time: 34:51
Totalsports Ladies (WP), 4th, time: 35:12

PERSONAL PERFORMANCES 2005
Richard Mkhwanazi (CGA) 10km, 34:52
Spar Ladies 10km, 5th, time: 35:28

PERSONAL PERFORMANCES 2006
Spar Ladies (WP) 10km, 2nd, time: 33:55
SA Champs (WP) 10km, time: 33:50

PERSONAL PERFORMANCES 2007
Nedbank Series (FS) 21km, time: 1:17:59
Spar Ladies (EP) 10km, 2nd, time: 34:34

PERSONAL PERFORMANCES 2008
Spar Ladies (WP) 10km, 6th, time: 35:57
Spar Ladies (EP) 10km, 4th, time: 35:50
Nedbank (PE) 21km, time: 1:18:57

PERSONAL PERFORMANCES 2009
Nedbank Tshwane 21km, time: 1:20:10
Township (CGA) 15km, time: 56:18
Spar Ladies (EP) 10km, 4th, time: 34:54
Nedbank SA Champs (PE) 21km, 5th, time: 1:14:41
Spar Ladies Durban 10km, 4th, time: 34:53
Spar Ladies Pretoria 10km, 5th, time: 35:55
Nedbank SA Champs (Bol) 10km, 6th, time: 34:10
IAAF World 21km Champs, time: 1:14:26
Nedbank Soweto Marathom, 2nd, time: 2:45:28