



Rising Queens of Zimbabwean Athletics: Women Athletes Command the Track

At the University of Zimbabwe, the 2026 NAAZ Interprovincial Championships reality unveiled a new generation of fearless, fast, and fiercely competitive women athletes who are redefining the future of Zimbabwean athletics. Spectators witnessed explosive sprints to commanding middle-distance performances, from solid Zimbabwe's women.



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Sprint Queens: Speed, Power, and Precision

The 100m races delivered a statement of intent.

- Olivia Lunga stormed to victory in the Senior Women's 100m Final, clocking 12.47 seconds, asserting herself as one of the country's leading sprint talents.
- Close behind was Valentine Datawa (12.65s), proving the depth in Zimbabwe's sprint ranks.

In the junior ranks, the future is even brighter:

- Shalom Sendi powered to gold in the Junior Women's 100m Final (12.17s)
- Delight Maravanyika (12.22s) and PraiseGod Nyamulepa (12.31s) followed closely in a thrilling finish

These times signal regional and continental potential.

200m Dominance:

The 200m races showcased elegance under pressure:

- Delight Maravanyika claimed gold in the Junior Women's 200m Final (24.67s), completing a remarkable sprint double presence.
- PraiseGod Nyamulepa (25.02s) and Nokutenda Daniel (25.23s) confirmed Zimbabwe's sprint pipeline is rich with talent.

In the seniors:

- Alisha Chihota took the crown in 25.75s, demonstrating composure and experience.

400m Excellence: Strength and Endurance

The 400m events revealed athletes capable of competing at elite levels:

- Thembelihle Ncube delivered a standout performance to win the Junior Women's 400m Final in 55.77s
- Earlier heats saw strong runs from:
 - o Anesu Nyahuma (56.37s)
 - o Amanda Moyo (59.40s)
 - o Nyahuma Ekina (58.30s)

These are times that edge closer to international competitiveness, especially with proper support and conditioning.

Middle Distance Brilliance: Tactical and Tough

Zimbabwean women are also asserting themselves in endurance races:

- Polite Moyo claimed gold in the Senior Women's 800m Final (2:15.02)
- In the junior category:
 - o Nkosinothabo Ngwenya (2:15.80) led a strong field
 - o Close contenders included Chipuriro Martha (2:16.50)

These performances reflect discipline, race intelligence, and resilience — critical ingredients for continental success.

Hurdles and Technical Events: Emerging Specialists

- Rejoice Dhlohdlo (15.90s) and Rufaro Karemba (16.45s) showed promise in the 100m hurdles, a technically demanding event.

This signals growing diversity in women's athletics, beyond sprints.

A New Era for Women in Zimbabwean Athletics What stands out is depth across provinces, schools, and clubs.

From Bulawayo to Harare, Mashonaland to Manicaland, talent is emerging everywhere:

- Young athletes from schools like Tafara High, Northlea, and Mpopoma are competing shoulder-to-shoulder with established runners.
- Independent clubs and academies are playing a key role in nurturing talent.

The Bigger Picture

This generation of women athletes represents:

- The success of grassroots development
- The power of school athletics systems
- The resilience of Zimbabwean sport despite limited resources

They are building Zimbabwe's future presence on the African and global stage.

