



PraiseGod Nyamulepa – Zimbabwe's Sprint Sensation Ready to Shine on the Big Stage

In athletics, some athletes win races. Others inspire a generation. PraiseGod Nyamulepa is rapidly becoming one of those special athletes whose talent, determination, and consistency are capturing the imagination of Zimbabwean athletics.

Blessed with explosive speed and remarkable composure under pressure, PraiseGod has established herself as one of Zimbabwe's most exciting young sprint prospects. *With personal best performances of 12.31 seconds in the 100m and 24.44 seconds in the 200m, she continues to demonstrate that she belongs among the country's elite young sprinters.*

Her rise has been built on a foundation of hard work and exceptional performances at both national and regional level.

The year 2025 proved to be a breakthrough season. *She announced herself as a major force when she claimed gold in the 200m at the NASH Championships, confirming her status as one of the fastest school-girl sprinters in Zimbabwe.*

She followed this success with a strong showing at the NAAZ Junior Championships, earning silver in the 200m and bronze in the 100m, demonstrating her versatility across both sprint distances. However, it was on the international stage where PraiseGod truly showcased her potential.



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Representing Zimbabwe at the COSSASA Championships, she stormed to gold in the 100m, proudly raising the Zimbabwean flag and proving she could compete successfully against the region's best young athletes.

She then went a step further at the CAA Southern Africa Championships, producing a remarkable double-medal performance by winning gold in the 200m and silver in the 100m. These achievements highlighted not only her speed but also her ability to perform under the pressure of international competition.

The momentum has continued into 2026.

At the highly competitive NASH Inter-Provincial Championships, PraiseGod once again demonstrated her championship qualities, securing gold in the 100m and silver in the 200m. Her performances confirmed that she remains one of the country's most consistent sprint talents and continues to improve with every season.

What makes PraiseGod special is her ability to excel in both sprint events. *Few athletes can successfully combine the explosive power required for the 100m with the speed endurance demanded by the 200m.* Yet she continues to compete at the highest level in both disciplines. Coaches describe her as disciplined, focused, and highly coachable—qualities that often separate good athletes from future champions.

As Zimbabwe continues to build its next generation of international athletes, PraiseGod Nyamulepa stands out as one of the brightest prospects. Her growing collection of national and regional medals is evidence of an athlete steadily building toward even greater achievements. The future is incredibly bright for this young sprint star.

With every race she runs, PraiseGod is not only chasing personal bests but also carrying the hopes of a nation eager to see its next sprint champion emerge on the continental and global stage. Remember the name: PraiseGod Nyamulepa. Zimbabwe's sprinting future is already here.

