



Shalom Sendi – Zimbabwe's Sprint Queen Ready to Shine in Mauritius

At just the right stage of her young athletics career, Shalom Sendi is emerging as one of Zimbabwe's most exciting sprint prospects, a rising star whose combination of speed, determination, and competitive spirit has positioned her among the country's brightest hopes for the future.

With personal bests of 12.17 seconds in the 100 metres and 24.56 seconds in the 200 metres, Shalom has steadily built a reputation as a sprinter who thrives under pressure and consistently delivers when it matters most.

Her journey to the national team has been marked by impressive performances on both the schools and national athletics circuits.

In 2025, she announced her arrival among Zimbabwe's elite young sprinters by securing:

Silver Medal - 100m, NASH Inter-Provincial Championships

Gold Medal - 200m, NASH Inter-Provincial Championships

Bronze Medal - 100m, NAAZ Inter-Provincial Championships

Rather than resting on those achievements, Shalom returned in 2026 even stronger and more determined. She dominated the NASH Inter-Provincial Championships, claiming:

Gold Medal - 100m

Gold Medal - 200m



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National Athletics Association of Zimbabwe

Office 86, 10TH Street, Gweru **Contact Details:** +263 773 508 621, +263 784 679 659 & +263 772 376 067 **Email:** marketing@naaz.org.zw **Web:** www.marketing@naaz.org.zw

She then confirmed her status as one of the nation's premier junior sprinters by winning:

Gold Medal – 100m, NAAZ Junior Championships

These performances have earned her a place among Zimbabwe's selected athletes heading to Mauritius, where she will carry the nation's hopes on the regional stage.

What makes Shalom particularly exciting is her versatility. *Few sprinters excel equally in both the explosive 100 metres and the demanding 200 metres. Her ability to combine a powerful start with excellent speed endurance gives her a competitive advantage against many of her rivals.*

Coaches describe her as disciplined, focused, and highly coachable—qualities that often separate good athletes from future champions. Her rapid progression over the past two seasons suggests that her best performances are still ahead of her.

Mauritius presents another opportunity for Shalom to showcase her talent against some of Southern Africa's fastest young women. *The competition will be fierce, featuring athletes from countries with strong sprinting traditions such as South Africa, Namibia, Botswana, Zambia, and Mauritius itself.*

Yet those who have followed her development know that Shalom possesses the confidence and determination required to compete with the very best.

For Zimbabwean athletics fans, Shalom Sendi represents more than just a medal prospect. She symbolizes the exciting new generation of athletes emerging through the schools and junior development pathways—young competitors who are carrying Zimbabwe's sprinting tradition into the future.

As she steps onto the track in Mauritius, one thing is certain: Shalom Sendi will not simply be participating. She will be racing to make her mark, chasing excellence, and proudly flying the Zimbabwean flag.

The future of Zimbabwean sprinting is accelerating fast—and Shalom Sendi is helping lead the way.

