# **CURRICULUM VITAE: CARLA MOLINARO**



## PERSONAL INFORMATION

**SURNAME:**  Molinaro

**FIRST NAMES:** Carla

**COUNTRY:** R.S.A

**DATE OF BIRTH:**

**CLUB:** Nedbank Running Club

**Personal Bests:**

|  |  |
| --- | --- |
| **Distance** | **Time** |
| 800m | 2:20 |
| 1500m | 4:50 |
| 3000m | 10:08 |
| 5km | 18:14 |
| 5 miles | 30:44 |
| 10km | 37:08 |
| 10 Miles | 61:14 |
| Half Marathon | 80:39 |
| Marathon | 2:51:46 |
| 90km | 6:50:31 |

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| Running Performances:2018 | | | |
| Event | Distance | Time | Place |
| Comrades | 90.18km | 6:50:31 | 9th |
| Brighton Marathon | 42km | 3:01:56 | 9th |
| 2017 | | | |
| Amsterdam Marathon | 42km | 2:55:57 | 19th |
| Brighton Marathon | 42km | 2:56:22 | 4th |
| Comrades | 86.7km | 7:55:05 | 27th |
| South Of England Fell Race | Various | Various | 1st |
| Wimbledon Trail Series | 12km | 53:10 | 1st |
| Green Belt Relay | 12km | 50:22 | 1st |
| 2016 | | | |
| London Marathon | 42km | 2:57:52 | 56th |
| Snowdon Trail Marathon | 42km | 3:16:28 | 5th |
| Comrades | 89.13km | 7:23:06 | 23rd |
| 2015 | | | |
| North Downs Way Trail Marathon | 42km | 3:49:56 | 1st |
| Chester Marathon | 42km | 2:51:49 | 2nd |
| Dorking 10 mIler | 10M | 64:05 | 4th |
| 2014 | | | |
| Nigel Barge 10km | 10km | 37:59 | 1st |
| Brian Goodwin 10km | 10km | 38:15 | 1st |
| Kirkintilloch 12.5km | 12.5km | 49:44 | 1st |
| Girvin Half Marathon | 21km | 84:22 | 1st |
| London Marathon | 42km | 2:51:46 | 22nd |