

CURRICULUM VITAE: Angela Dell

PERSONAL DETAILS

FIRST NAME / SURNAME: Angela Dell
DATE OF BIRTH: 15 April 1983
CLUB: Nedbank Running Club WPA
NATIONALITY: RSA

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10km	42:16	Growthpoint Sundowner 10km	2024
21km	1:35:07	Gun Run 21Km	2024
42.2km	3:18:55	Intercare Blouberg marathon	2025
50km	4:10:12	Cape Town Festival of Running	2023
Two Oceans 56km	4:43:43	Two Oceans ultra	2024
Comrades Marathon UP	8:04:55	Up run	2024
Comrades Marathon DOWN	8:31:33	Down run	2025

Best Performances 2025

Blouberg marathon 3:18:55
 Paris marathon 3:28:30
 Weskus marathon 3:39:41
 Cango marathon 3:26:11
 Peninsula marathon 3:44:46

Two oceans ultra 4:54:22
 Comrades 8:31:33

Best Performances 2024

Valencia marathon 3:40:08
 Blouberg marathon 3:24:30
 Weskus marathon 3:41:07
 Cango marathon 3:26:33

Two oceans ultra 4:43:43
 Comrades 8:04:55

Best Performances 2023

Blouberg marathon 3:40:57
 Paris marathon 3:25:36
 Weskus marathon 3:34:07
 Redhill marathon 3:42:40

Two oceans 4:59:06
 Cape Town festival of running 50K 4:10:12
 Comrades 9:12:13

Best Performances 2022

Cape Town marathon 3:44:13
 Blouberg marathon 3:29:55
 Peninsula marathon 3:30:06

Two Oceans 5:25:32
 Comrades 8:52:48

Best Performances 2021

Cape Town marathon 3:58:17
 Comrades virtual 90k 11:18:35

