

**CURRICULUM VITAE: Charmaine Cupido**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Charmaine Cupido  
**DATE OF BIRTH:** 1956-01-15  
**CLUB:** Nedbank Running Club WP  
**NATIONALITY:** South African

**PERSONAL BEST TIMES**

Distance	Time	Venue	Year
5km	18:40	World Veteran Champs, DBN	1997
10km	37:56	UWC	1997
15km	58:18	Ravensmead	1997
21km	84:34	Durbanville	1997
30km	2:07	Camps Bay	1994
42.2km	3:12	Cape Town	1998
Two Oceans 56km	5:04	Claremont	1992

**Best Performances 2025**

10km - 52:34  
 21km - 2:13

**Best Performances 2024**

10km - 51:55  
 21km - 2:08

**Best Performances 2023**

10km - 50:55  
 21km - 2:03

**Best Performances 2022**

10km - 50:30  
 21km - 2:02

**Best Performances 2021**

10km - 52:38



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