

CURRICULUM VITAE: Elmé Middlemost

PERSONAL DETAILS

FIRST NAME / SURNAME: Elmé Middlemost
DATE OF BIRTH: 18 September 1978
CLUB: Nedbank WP
NATIONALITY: RSA

PERSONAL BEST TIMES

Distance	Time	Venue	Year
10km	00:39:41	UWC	2025
21km	01:27:04	Gun Run	2025
42.2km	03:08:17	Langebaan	2021
50km	04:08:07	False Bay	2023
Two Oceans 56km	04:19:10	Cape Town	2022
Comrades Marathon	07:41:32	Durban	2023

Best Performances 2025

Overall female winner Tekkie Challenge 16km
 Overall 2nd female Winelands marathon
 Various WP teams

Best Performances 2024

Overall female winner Milkwood 21km
 3rd open and 1st 40+ female Blouberg marathon
 Various WP teams

Best Performances 2023

3rd open 1st 40+ Redhill marathon
 Overall female winner TygerRun 15km
 Overall female winner Tygerberg 30

Best Performances 2022

2nd Open 1st 40+ Milkwood 21km
 Overall female winner Langebaan Marathon
 2nd open 1st 40+ Winelands Marathon

Best Performances 2021

African X trail 2nd female 40+ team
 Overall female winner McGregor Run 2 Nowhere trail



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