

**CURRICULUM VITAE: Heidi de Jager**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Heidi de Jager  
**DATE OF BIRTH:** 1993-07-26  
**CLUB:** Nedbank Running Club WP  
**NATIONALITY:** South African

**PERSONAL BEST TIMES**

Distance	Time	Venue	Year
10km	38:36	Intercare Blouberg	2025
21km	01:24	Winelands Half	2025

**Best Performances 2025**

**Road:**

Weskus Half Marathon: 1 hour 38 minutes (4th female)  
 Langebaan Athletics Half Marathon: 1 hour 27 minutes (2nd)  
 Winelands Half Marathon: 1 hour 24 minutes (3rd female)  
 Blouberg Intercare 10km: 38 minutes (3rd female)  
 Saldanha Health Run Half Marathon: 1 hour 27 minutes (1st)

**Trail:**

The Rock Ultra 22km: 1st female (3rd overall)  
 6 Peaks Challenge (George) - 4 peaks completed: 1st female  
 Run4rivers Trail run 12km: 1st female  
 Fairview Goat Run 8km: 1st female  
 Blouklip Trail run 21km: 2nd female

