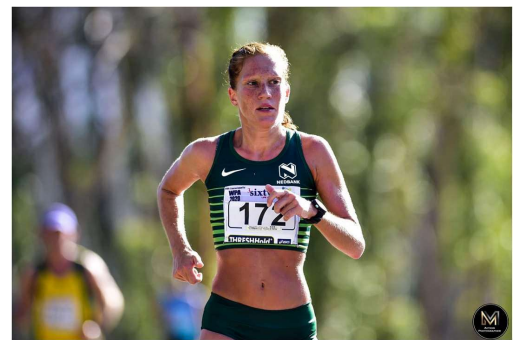




CURRICULUM VITAE: MADELÉ DU PLESSIS

PERSONAL DETAILS

FIRST NAME / SURNAME: Madelé du Plessis
DATE OF BIRTH: 31 March 1988
CLUB: Nedbank Running Club WP
NATIONALITY: South African
EMAIL: mads@sun.ac.za
CONTACT: 084 3007091
FACEBOOK: Madelé



PERSONAL BEST TIMES

Distance	Time	Venue	Year
Marathon	3:09	Caledon (RSA)	2020
10km	37:30	Cape Town	2020
Comrades	8:28:37	KZN (RSA)	2019
Half Marathon	1:26:48	Cape Town	2018
Two Oceans Ultra	4:47:19	Cape Town	2017

Best Performances 2020

Hemel en Aarde Marathon 3:09, 3rd
Nedbank Virtual 10km 37:30, 1st

Best Performances 2019

Peninsula Marathon 3:11, 4th WP lady, 11th overall
Topform 10km 39:23, 3rd
Comrades Up Run 8:28:37, top 100 ladies

Best Performances 2018

Track Senior Champs 10000m 42:57, 2nd
Gugulethu 10km 40:38, 3rd
Don Lock 15km 1:01:01, 1st
Brackenfell 21.1km 1:26:48, 2nd
Cross Country 10km Champs 42:00, 5th
Moordkuil 15km Trail 1:11:22, 1st



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