



Runner Profile: Cecilia Nel

Date of birth: 30 December 1981 (40 years)
Category: Veteran (Female)
Club: Nedbank RC SWD
Running Career: 2013 – Present
Preferred Distance (Type): Ultra (Road Running)

Personal Best Performances:

5km – 18:08
10km – 38:11
21.1km – 1:24:56 (SA Half Marathon Championships 2021 Port Elizabeth)
42.2km – 2:59:42 (Sanlam Cape Town Marathon SA Championships 2021)
Longest – Comrades 2019 No. of Comrades: 1 (one – 2019) Time: 8:29:20



NEDBANK RUNNING CLUB | ADMINISTRATIVE OFFICE

Office: (012) 541 0577 Fax: (012) 541 3752 www.nedbankrunningclub.co.za

#MoreThanAClub