



Name: Madelé du Plessis
Date of birth: 1988-03-31
Coach: Frank Da Ascencao (FordyceFusion)
Profession: Facilitator

RUNNING CAREER

I started my running career in 2012 when I joined Edgemoor Running Club. In 2018, I was invited to run for Nedbank running club. Ever since, I have been amongst the top 3 women in many races. I have also received many awards at both Edgemoor Running club and Nedbank.

AWARDS

Cross Country award	Edgemoor Club	2013
Fastest Marathon award	Edgemoor Club	2015
Lady Runner of the year	Edgemoor Club	2017
Fastest 10km award	Edgemoor Club	2017
Fastest 15km award	Edgemoor Club	2017
Fastest 21km award	Edgemoor Club	2017
Fastest 30km award	Edgemoor Club	2017
Fastest Marathon award	Edgemoor Club	2017
Fastest Ultra award	Edgemoor Club	2017
Fastest 10km	Edgemoor Club	2018
Senior Runner of the year	Nedbank	2018
Runner of the month	Nedbank	2019
Senior Runner-up of the year	Nedbank	2019
WP marathon colours		2019



RUNNING ACHIEVEMENTS: ROAD

Cross Country 4km champs (2015)	3 rd	
Topform 10km (2017)	2 nd	41:23
Oceans Ultra (2017)	Top 100 ladies; Top 20 WP	4:47:19
Don Lock 15km (2017)	2 nd	1:00:58
Track Senior Champs 10 000m (2018)	2 nd	42:57
Gugulethu 10km (2018)	3 rd	40:38
Don Lock 15km (2018)	1 st	1:01:01
Brackenfell 21.1km (2018)	2 nd	1:26:48
Cross Country 10km champs (2018)	5 th	42:00
Topform (2019)	3 rd	39:23
Comrades Up Run (2019)	Top 100 ladies	8:28:37
Topform 10km (2020)	4 th	38:58
Hemel en Aarde Marathon (2019)	3 rd	3:09
West Coast 21.1km (2020)	5 th	1:33
Nedbank Virtual 10km (2020)	1 st	37:30
Cross Country league 1 (2021)	3 rd	44mins
West Coast Marathon (2022)	2 nd	3:09:23

Two Oceans Ultra Marathon (2022)	23 rd overall; 19 th SA, 4 th WP	4:16:57
Knysna Forest Marathon (2022)	3 rd	3:12:40
WPA 10km Championships (2022)	3 rd	
Table View 10km Race (2022)	1 st	39:40
Edgemead Classic 10km Race (2022)	3 rd	39:27



RUNNING ACHIEVEMENTS: TRAIL

Moordkuil 15km Trail Race (2018)	1 st	1:11:22
Walker Bay 2 Day stage trail race (2021)	2 nd	3:22:00
Tankwa 2 Day stage trail race (2021)	1 st	3:20:00
Savanna Origin of Trails 2 Day stage (2021)	2 nd	2:59:21
Langkloof Trail Race – 16km (2022)	2 nd	1:28:20
STBB Trail Race – 18km (2022)	1 st	1:22:49
Gravel and Grape – 19km (2022)	1 st	1:31:17

Run the Vines Rawsonville – 22km (2022)	4 th	2:08
Twilight Trail Series – 12km (2022)	1 st	50:45

COMRADES MARATHON: BACK-TO-BACK

Comrades Up Run – 87km (2019)	top 100 ladies	8:28:37
Comrades Down Run – 91km (2022)	15 th Senior Lady	7:28:55

Isavel Roche-Kelly Medal (Silver)

PERSONAL BEST TIMES

5km	17:39
10km	37:29
12km	46:50
15km	58:21
21.1km	86mins
30km	2:09
42.2km	3:04
56km	4:16
Comrades Down Run	7:28:55

