



Name : Christophe Bernardie

Date of Birth :04/11/67 Brive la Gaillarde, France

Address : 3 Bonnie Doon Vista

5241 East London, South Africa

Tel :0605264526

Email : [cbernardie@gmail.com](mailto:cbernardie@gmail.com)

**Sport achievements in 2022 :**

- 3561 km with 10 weeks out of running due to a stress fracture
- 10 races between 10km to 21km with 10 podiums (3 first position, 7 second position in my age category)
- Best 10km : 35'02"
- Best 21km 1h17'52"
- Best 5km : 16'54"
- No marathon in 2022 due to my stress fracture, Cape Town marathon done in October 2021 2h48 position 4 in my category)

Training schedule : 6/7 days with 3 specific workouts (intensity VO2, tempo, volume) and 3 easy runs

**Coaching :**

- coach 12 to 15 people (all levels for the past 4 years),
- establish the individual training plans
- assist during the session

All done free of charge.

**Historic :**

I've been running for more than 35 years,I was always a club member (la Seyne (France), Six Fours (France), CHU Nantes (France), Born To Run (South Africa), Nedbank (South Africa).

I have performed more than 20 marathons best time 2h46 (Paris 2000) worst 3h05 (Buffs marathon SA ).

Best time half marathon 1h14

Best time 10km 34'01

**Interests :**

- 1) Running shoes all brands.
- 2) Everything that are linked with running and the Mountain Bike.

**Objectives 2023**

The Nedbank Runified Breaking Barriers 50km (26 February 2023)

Berlin Marathon

**Dream** : marathon time sub 2h45 before my 60