

Runner Profile: Cecilia Nel

Date of birth: 30 December 1981 (41 years)

Category: Veteran (Female)

Club: Nedbank RC SWD

ASA no. 1281 (ASWD)

Running Career: 2013 – Present

Preferred Distance (Type): Ultra (Road Running)

PB's: 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 2022 No. of Comrades: 2 Best time: 7:55:49 (2022)



