



### **Ingrid Koster Running CV**

At age 44, I made the decision to get fit, to feel better and to have a coping mechanism in a stressful work environment. I entered my 1<sup>st</sup> 10km race and enjoyed the adrenalin and got hooked. I joined Nedbank Running Club in 2019. I have had several podium wins especially for my age group 40 years and know for 50 years.

<u>DATE</u>	<u>RACE NAME</u>	<u>KM</u>	<u>LADIES POSITION</u>	<u>LADIES AGE GROUP POSITION</u>	<u>TIME</u>
2-Feb-19	Intercare Classic	21km	4	1	1:33:28
9-Feb-19	Bronkhorstspuit	32km	6	1	2:27:23
24-Feb-19	Deloittes Pretoria Marathon	42km	6	2	3:21:26
13-Apr-19	Loskop	50km	13		4:09:47
12-Oct-19	Jacaranda	10km	5	1	0:43:10
26-Jan-20	Johnson Crane	42km	11	5	3:25:28
1-Feb-20	Intercare Classic	10km	8	1	0:44:05
15-Feb-20	Bestmed Tuks	21km	3	1	1:36:26
23-Feb-20	Phobians Pretoria	21km	12	6	1:41:06
29-Feb-20	Sunrise Monster	32Km	9	5	2:42:52
14-Mar-20	Om die Dorp AGN Championships	21km	9	1	1:32:15
14-Jul-20	Comrades	90km			9:59:01
14-Aug-21	Cross Country	4km		3	0:21:02
21-Aug-21	Cross Country	4km		4	0:17:58
28-Aug-21	Cross Country Championships	4km		4	0:18:30
24-Sep-21	Spar Womens race	10km			0:44:42
3-Oct-21	Spar Tshwane	10km		5	0:44:55
12-Feb-21	Nedbank Skosana AGN Championship	21km		2	1:34:44
6-Mar-22	Nedbank Runified	50km	20	1	4:06:48



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10-Apr-22	Irene Ultra	48km	11	1	4:11:36
2-Oct-22	Spar Womens Race Grand Prix	10km		5	0:44:59
15-Oct-22	Race for Peace The Grove	10km	3	1	0:45:07
22-Oct-22	Zwartkops	10km		1	0:44:03
29-Oct-22	Irene Farm Race	10km	8	2	0:45:09
14-Jan-23	Nedbank Skosana AGN	21km	2	1	1:32:14
21-Jan-23	PWC George Claassen	21km	5	1	1:41:31
28-Jan-23	Wonderpark AGN Championship	42km	6	1	3:24:48



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