

CURRICULUM VITAE: Anél Terblanche

PERSONAL DETAILS

FIRST NAME / SURNAME: Anél Terblanche
DATE OF BIRTH: 26 February 1987
CLUB: Nedbank WP
NATIONALITY: South-African

PERSONAL BEST TIMES

Distance	Time	Venue	Year
10km	34:47	Pinelands 10km	2022
21km	1:16:38	SA 21.1km Champs Gqeberha	2022
42.2km			
50km			
Two Oceans 56km			
Comrades Marathon			



Best Performances 2025

Gun Run 21.km 2nd position (1:18:39)
 WP 10km Championships (UWC 10km) 1st position (36:29)
 Pinelands 10km 1st position (36:15)
 Cape Town Festival of Running 21.1km 1st position (1:19:22)
 Landmarks 21. 1km 1st position (1:19:40)
 Slave Route 21.1km 1st position (1:21:47)
 Tyger Run 15km 1st position (57:15)
 Spookhill 15km 1st position (58:48)
 Edgemoed 10km 1st position (36:53)
 Dan Luyt 15km 1st position (59:41)

Best Performances 2024

WP 10km Champs (Goodwood 10km) 3rd position 37:39
 Brackenfell 10km 2nd position (38:58)

Best Performances 2023

Pregnant

Best Performances 2022

21.1km
 SA 21.1km Championships Gqeberha: 2nd 35-40 age group (76:38) (PB)
 Peninsula 21.1km 2nd position (76:42)
 2 Oceans 21.1km 8th position (78:03)
 15km
 Firgrove 15km 1st position (54:49) (PB)
 10km
 Pinelands 10km 1st position (34:47) (PB)
 Spar Ladies 10km Gqeberha 15th (34:59)
 Gun Run 10km 2nd position
 Totalsports Ladies 10km 3rd position
 5000m track 16:32.59 (Cape Milers Club Meet)
 3000m track: 9:43. 85 (Cape Milers Club Meet)

Best Performances 2021

Spar Ladies 10km Cape Town 11th position (35:27)
 African Xperience 24km trail run: 1st position
 3000m track (Endurocad meet) (9:41 PB)



Nedbank Running Club - Administrative Head Office
 Tel: (012) 541 0577
 Fax: (012) 541 3752
www.nedbankrunningclub.co.za

