

CURRICULUM VITAE: Kobie Griffiths

PERSONAL DETAILS

FIRST NAME / SURNAME: Kobie (Elizabeth) Griffiths
DATE OF BIRTH: 1985-02-22
CLUB: Nedbank Running Club WP
NATIONALITY: South African



PERSONAL BEST TIMES

Distance	Time	Venue	Year
1500m	4:29.59	Green Point, CPT	2022
800m	2:11:06	Green Point, CPT	2022
Track Mile	4:55.82	Coetzenberg, SA	2021
400m	58.25	Green Point, CPT	2019
5km Road	17:55	Cape Town	2020
10km	37:58	Cape Town	2020

Best Performances 2025

- Represented Western Province: Senior Track & Field Championships (1500m Finalist), ASA Road Racing Championships Street Mile (Women Open – 5th Place), ASA Cross Country Championships (W40 – Silver Medal)
- South African & African Masters Record 1500m W40 – 4:32.52
- Masters South African Championships W40: Gold 400m, 800m, 1500m & Mixed 400m Relay
- Western Province Masters Awards: Elite Athlete Award (800m 2:12, 90.31% age grading), Female Middle Distance Athlete of the Year, Female Track Athlete of the Year

Best Performances 2024

- Represented Western Province – ASA Cross Country Championships (W35 Category) – Bronze Medal,
- Season Best – 1500m: 4:37.55 (23 February 2024, Parow Athletics Track, Cape Town)
- Western Province 5km Championships – Gold Medal (October, Bellville)
- Dagbreek Street Mile – Silver Medal (4:58, Stellenbosch)

Best Performances 2023

- Season Best 800m – 2:11.45 (17 Apr 2023, Green Point Stadium)
- Season Best 1500m – 4:32.99 (SA Championships, Potchefstroom)
- ASA Cross Country Championships W35 – Bronze Individual & Bronze Team (Senior Women 4km)
- Masters African Championships W35 – Gold 1500m, Silver 800m (Pilditch Stadium)
- Western Province 10km Championships – Silver Medal (Nantes)

Best Performances 2022

- Western Province Senior Track & Field Championships 800m – 1st Place (2:12)
- ASA Senior Track & Field Championships 1500m – 7th Place (4:29.59)
- South African & African Masters Record 1500m W35–39 – 4:29.59
- World Masters Track & Field Championships 1500m W35–39 – Silver Medal (Tampere, Finland)
- Masters South African Cross Country Championships W35–39 – 4th Place
- Dagbreek Street Mile – 1st Place

