



CURRICULUM VITAE: **Andre Afrika**

PERSONAL DETAILS

FIRST NAME / SURNAME: Andre Afrika
DATE OF BIRTH: 16 April 1994
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
800 Metres	1:59.63	Stellenbosch (RSA)	2016
800 Metres	1:59.6h *	Stellenbosch (RSA)	2016
1500 Metres	4:00.71	Cape Town (RSA)	2019
3000 Metres	8:20.60	Stellenbosch (RSA)	2021
5000 Metres	14:23.62	Stellenbosch (RSA)	2021
10 Kilometres	30:03	Cape Town (RSA)	2019

Best Performances 2021

Invitational Middle Distance Track Series 3000m, Coetzenburg Stadium, Stellenbosch 8:20.60, 3rd
Invitational Middle Distance Track Series 5000m, Coetzenburg Stadium, Stellenbosch 14:23.62, 10th
WPA Track & Field Championship League Series Meeting 2 5000m, Athletic Track, Parow 14:36.86, 3rd
Invitational Middle Distance Track Series 5000m, Coetzenburg Stadium, Stellenbosch 14:43.73
South African Ch. 5000m, Bestmed Tuks Stadium, Pretoria 14:36.46

Best Performances 2020

Tygeberg Athletic Club Summer Special 3000m, Athletic Track, Parow 8:26.03, 4th
Boland Athletics League 2 Meeting 5000m, Dal Josaphat Athletics Stadium, Paarl 14:32.45, 1st



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