



## CURRICULUM VITAE: ANEL TERBLANCHE

### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Anel Terblanche  
**COUNTRY:** South Africa  
**DATE OF BIRTH:** 1987/02/26  
**CLUB:** Nedbank Running Club  
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### PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
800m	2:15.84	Cape Town (RSA)	2018
1500m	4:30.82	Stellenbosch (RSA)	2016
One Mile	5:11.13	Cape Town (RSA)	2015
3000m	9:56.34	Cape Town (RSA)	2017
5000m	17:32.04	Cape Town (RSA)	2017
10,000m	36:35.52	Parow (RSA)	2021
10km	35:53	Elsie's River (RSA)	2015
12km	44:54 *	Cape Town (RSA)	2016
15km	55:22	Eersterivier (RSA)	2018
Half Marathon	1:19:26	Port Elizabeth (RSA)	2018

### Best Performances 2021

WPA Track & Field Championship League Series Meeting 2, 5000m, Athletic Track, Parow, 17:53.57, 1<sup>st</sup>  
WPA Track & Field Championship League Series Meeting 3, 10000m, Athletic Track, Parow, 36:35.52, 1<sup>st</sup>  
South African Ch.10000m, Bestmed Tuks Stadium, Pretoria, 37:39.57, 9<sup>th</sup>

### Best Performances 2018

Parow WPA League, 1500m, Parow, 4:40.90, 1<sup>st</sup>  
Cape Town 10km, Cape Town, 35:57, 1<sup>st</sup>  
Cape Town Old Mutual 10km, Cape Town, 36:26, 1<sup>st</sup>  
Bellville Spar Grand Prix Series 10km, Bellville, 36:20, 10<sup>th</sup>  
Port Elizabeth Spar Grand Prix Series 10km, Port Elizabeth, 36:04  
Durban Spar Grand Prix Series 10km, Durban, 37:03  
Cape Town 12km, Cape Town, 45:17  
Eersterivier Avbob 15km, Eersterivier, 55:22, 1<sup>st</sup>  
Port Elizabeth Half Marathon, Port Elizabeth, 1:19:26



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