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CURRICULUM VITAE: **Anthony Timoteus**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Anthony Timoteus

**DATE OF BIRTH:** 9 June 2001

**CLUB:** Nedbank Running Club

**NATIONALITY:** Ethiopia

**EMAIL:** anthonytimoteus73@gmail.com

**CONTACT:** 064 071 6239

**PERSONAL BEST**

**Event Result Date**

**1500m 3:46 2015**

**3000m 8:10 2019**

**5000m 13:55 2017**

**10000m 29:52 2018**

**10km 28:57 2019**

**PERSONAL PERFORMANCES 2020**

World Student Cross Country team Morocco

**PERSONAL PERFORMANCES 2019**

SA University 5000m Champion Stellenbosch

 World Student Games 21km Italy

African University Cross Championship Morocco

SA University Cross Silver medalist 4km Mpumalanga

SA Senior Cross Country silver medalist Pretoria

**PERSONAL PERFORMANCES 2018**

SA Cross Country Senior men bronze medalist 4km PE

World University Cross Country Gold team medal Switzerland

**PERSONAL PERFORMANCES 2017**

SA Cross Country u/23 Silver medalist 4km Potchefstroom

SA University Cross Country Champs Bronze 4km Sasolburg

**PERSONAL PERFORMANCES 2016**

South African u/23 Silver medalist 5000m Germiston

Southern Region (CUCSA) 5000m Gold medalist Bulawayo, Zimbabwe

**PERSONAL PERFORMANCES 2015**

South African u/23 Bronze medalist 5000m Bloemfontein

**PERSONAL PERFORMANCES 2014**

South African Junior Bronze medalist 5000m Stellenbosch