



## CURRICULUM VITAE: **Brendon Lentswe**

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Brendon Lentswe  
**DATE OF BIRTH:** 14 Mar 1996  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South African

### PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
800 Metres	1:53.38	Potchefstroom (RSA)	2016
1500 Metres	3:49.58	Potchefstroom (RSA)	2016
3000 Metres	8:12.21	Potchefstroom (RSA)	2020
2000 Metres Steeplechase	6:18.18	Potchefstroom (RSA)	2017
10 Kilometres	29:12	Cape Town (RSA)	2019

### Best Performances 2021

ACNW Ch. 1500m, McArthur Stadium, Potchefstroom 3:58.04, 6<sup>th</sup>

### Best Performances 2020

CGA Open Track Meeting 800m, UJ Soweto Campus, Johannesburg 1:57.07, 10<sup>th</sup>  
CGA Open Track Meeting 1500m, UJ Soweto Campus, Johannesburg 3:53.50, 2<sup>nd</sup>  
CGA Ch. 1500m, UJ Soweto Campus, Johannesburg 3:55.86, 5<sup>th</sup>  
ACNW League Meeting 1 3000m, McArthur Stadium, Potchefstroom 8:12.21, 1<sup>st</sup>



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