



CURRICULUM VITAE: **Bruce-Lynn Damons**

PERSONAL DETAILS

FIRST NAME / SURNAME: Bruce-Lynn Damons
DATE OF BIRTH: 20 June 1996
CLUB: Nedbank Running Club
NATIONALITY: South African
EMAIL: Brucelyndamons19@gmail.com
CONTACT: [061 291 1932](tel:0612911932)

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
600m	1:22.60	Parow (RSA)	2020
800m	1:48.74	Bloemfontein (RSA)	2017
1000m	2:32.23	Johannesburg (RSA)	2015
1500m	3:42.58	Stellenbosch (RSA)	2019
One Mile	4:11.19	Parow (RSA)	2013
3000m	8:22.22	Parow (RSA)	2020
5000m	14:03.33	Stellenbosch (RSA)	2019
10km	31:43	Cape Town (RSA)	2019



Performances 2019

Western Province Senior men 1500m silver medal
USSA 5000m Bronze medal
USSA 1500M Silver medal
ASA seniors 1500m 5th
WORD student games team 5000M 9TH (HEAT 9TH) 14:31

Performances 2017

Western Province Senior men 1500m champion
Western Province Senior 5000m Bronze
ASA 1500m 10th final

Performances 2016

Western Province Senior 800m & 1500m champion
ASA 1500m senior men 8th in the final
ASA 4x400m Bronze medal

Performances 2015



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Western Province Junior 1500m champion
Western Province Senior 1500m champion
ASA Bronze medal Junior 1500m
4x400m relay team Bronze medal
Western Province 1500m record 3:47.38
ASA 1500m senior men 10th in the final

Performances 2014

Western Province Junior champion 800m & 1500m
Western Province Senior 1500m champion
ASA silver medal Junior 1500m

Other achievements

Western Cape sport school Captain for 2 years
Always have been in the Western Province team since 2012.
Fastest time 2015 1500m junior men in the Country
Western Province cross-country junior sportsman of the year



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