



CURRICULUM VITAE: **Jessica Groenewald**

PERSONAL DETAILS

FIRST NAME / SURNAME: Jessica van Wyk
DATE OF BIRTH: 1992
CLUB: Nedbank Running Club
NATIONALITY: South Africa

PERSONAL BEST

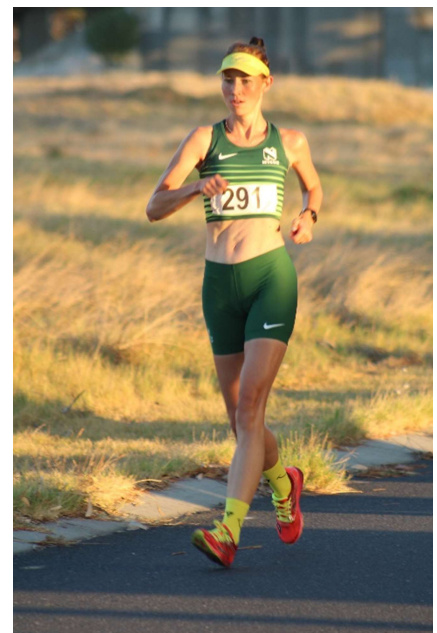
| Event | Result | Venue | Date |
|------------------|----------|---------------------|------|
| 3000m Race Walk | 14:58.01 | Potchefstroom (RSA) | 2020 |
| 5000m Race Walk | 25:11.34 | Potchefstroom (RSA) | 2020 |
| 10000m Race Walk | 53:15.51 | Potchefstroom (RSA) | 2020 |
| 20km Race Walk | 1:48:18 | Cape Town (RSA) | 2020 |

Bests Performances 2023

10000m Race Walk ACNW Provincial Championships 56:24.15, 2nd
20km Race Walk South African Championships 1:53:22, 1st

Bests Performances 2021

10000m Race Walk ACNW Ch., 54:45.65, 2nd



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