



CURRICULUM VITAE: **Kobie Griffiths**

PERSONAL DETAILS

FIRST NAME / SURNAME: Kobie Griffiths
DATE OF BIRTH: 22 February 1985
CLUB: Nedbank Running Club
NATIONALITY: South Africa
EMAIL: kobiegriffiths@gmail.com
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INSTAGRAM: [#KobiegriffithsRuns](https://www.instagram.com/KobiegriffithsRuns)



PERSONAL BEST

Event	Result	Date
400m	58.25	2019
800m	2:11.06	2022
1500m	4:29:59	2022
Mile	4:55.02	2021
5km	17:55	2020
10km	37:58	2020 (unofficial)

RUNNING ACHIEVEMENTS

ASA Senior T&F Champs 2021, TUKS Pretoria; 1500m - 4:33, 6th place
Masters Cross Country Champs 2021, AGE 35-39 - 8th place
Broke SA Masters Record for 1500m in AGE category 35-39 - 4:32.44
Western Province Senior T&F Champs 2022: Greenpoint Stadium 800m; 2:12 - 1st Place
ASA Senior T&F Champs 2022, Greenpoint Stadium; 1500m; 4:29.59 - 7th Place
New SA and African Masters Record for 1500m in AGE category; 35-39 - 4:29.59
World Masters T&F Champs 2022, Tampere Finland; 1500m, AGE 35-39 - Silver Medal
Masters Cross Country Champs 2022, AGE 35-39 - 4th place
Dagbreek Street Mile 2022: Stellenbosch - 1st Place
Masters SA Champs 2017 | Greenpoint Stadium AGE: 30-34, 1500m – 4th Place
UWC Street mile 2018 | Cape Town 3rd Place: 5:25min
Masters SA Champs 2019 | Oudtshoorn AGE: 30-34, 800m – 1st Place, 1500m – 1st Place, 400m – 2nd Place
Senior Western Province Champs 2019 | Greenpoint Stadium 800m – 3rd Place: 2:13min
Female Track Athlete of the Year 2019 | Nedbank Running Club WP
Annual Awards Evening
Dagbreek Street Mile 2020| Stellenbosch 1st Place: 5:02min



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