



## CURRICULUM VITAE: **Godwin Heyns**

### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Godwin Heyns  
**COUNTRY:** R.S.A  
**DATE OF BIRTH:** 1 April 1998  
**CLUB:** Nedbank Running Club SWD

### PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>
1500m	4:01
3000m.	8:40
5000m.	14:38
10000m.	32:02
10km	29:38
12km.	35:30
15km	44:01
21.1km.	1:05:38
42.2km.	2:40:30

### Recent Best Performances

2016 Two oceans 21.km – 1<sup>st</sup> junior  
2017 Two oceans 21.km – 1<sup>st</sup> junior  
2017 SA 21.1km - 1<sup>st</sup> junior  
2018 Two oceans 2018 1-11:38  
2022 Meiringspoort 21.km 2<sup>nd</sup> 1:05:38



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