



▶ Anet Coetzee

E-mail: anet800@gmail.com

Birthdate: 16 September 1988

About me

- ▶ Running has become a big part of my life. I can't imagine my life without running. Running has made me the person I am today. Running taught me that you can do anything if you put your mind to it and if you work hard you will be rewarded. I have a passion for track and field. I would like to compete internationally against the best in the world one day. The 800m is my favorite event because it is one of the toughest races on the track.

Goals

2010

- ▶ Top 10 at ASA National cross country championships
- ▶ 800m - < 2:10 (pre-season)
- ▶ 1500m - < 4:40 (pre-season)

▶

2011

- ▶ I want to compete in the ASA Yellow pages athletics series
- ▶ Represent South Africa internationally
- ▶ 800m < 2:06
- ▶ 1500m < 4:30
- ▶ 3000m < 10:00
- ▶ 400m < 55sec

2012

- ▶ Qualify for the 2012 London Olympics in the 800m

Personal best

- ▶ 800m – 2:09:60 (2007)
- ▶ 1500m – 4:38:61 (2007)
- ▶ 400m – 56sec (2003)
- ▶ 200m – 25.9 (2005)

Achievements

- ▶ **2009**
- ▶ **Cross country**
 - **7th at ASA National Cross Country Championships**
 - ▶
- ▶ **2008**
- ▶ **Track & Field**
 - **8th in the 1500m at USSA National Championships**
 - ▶
- ▶ **Cross Country**
 - **Represented Pukke University at USSA Cross Country National Championships**
 - ▶
- ▶ **2007**
- ▶ **Track & Field**
 - **1st in the 800m at ASA National Junior Track & Field Championships**
 - **4th in the 800m with a personal best at USSA National Track & Field Championships**
 - **7th in the 1500m with a personal best at USSA National Track & Field Championships**
 - **4th in the 4x400m relay for TUKS B at USSA National Track & Field Championships**
 - **Ranked number 1 in the 800m in South Africa for junior woman**

- **Ranked 3rd in the 1500m in South Africa for junior woman**
 - ▶
- ▶ **Cross Country**
 - **Represented TUKS University at USSA National Cross Country Championships**
 - ▶
- ▶ **2006**
- ▶ **Track & Field**
 - **2nd in the 800m girls u/19 with time of 2:14:12 at the South African National Track & Field School Championships**
 - **2nd in the 4x400m relay for team Gauteng at the South African National Track & Field School Championships**
 - **2nd in the 800m with a time of 2:12:16 at the ASA National Junior Track & Field Championships**
 - **Ranked 2nd in the 800m in South Africa for junior woman**
 - ▶
- ▶ **Cross Country**
 - **Represented Vaal Triangle at the ASA National Cross Country Championships**
 - ▶
- ▶ **2005**
- ▶ **Track & Field**
 - **4th in the 800m with a time of 2:14:70 at the ASA National Youth Track & Field Championships**
 - **Qualified for the African Youth Championships**
 - **4th in the 800m girls u/17 at the South African National Track & Field School Championships**
 - **4th in the 800m at the South African Games**
 - ▶
- ▶ **Cross Country**
 - **Represented Vaal Triangle at the ASA National Cross Country Championships**
 - ▶
- ▶ **2003**
- ▶ **Track & Field**
 - **2nd in the 400m girls u/15 with a time of 56:11 at the South African National Track &**

Field School Championships

- **1st in the medley relay for team Gauteng and a new SA record at the South African National Track & Field School Championships**
- **5th in the 800m at the ASA National Youth Track & Field Championships**
- **6th in the 400m at the ASA National Youth Track & Field Championships**



▶ **Cross Country**

- **Represented Vaal Triangle at the ASA National Cross Country Championships**



▶ **2002**

▶ **Track & Field**

- **2nd in the 800m girls u/15 with a time of 2:16:50 at the South African National Track & Field School Championships**
- **Represented Central Gauteng at the ASA National Youth Track & Field Championships**



▶ **Cross Country**

- **Represented Central Gauteng at the ASA National Cross Country Championships**



▶ **2001**

▶ **Track & Field**

- **3rd in the 800m girls u/13 with a time of 2:27 at the Gauteng Primary Schools Championships**
- **7th in the 1500m girls u/13 with a time of 5:12 at the Gauteng Primary Schools Championships**



▶ **Cross Country**

- **Represented Central Gauteng at the ASA National Cross Country Championships**



- ▶ **1999**
- ▶ **Cross Country**
 - ▶ **23rd at the at the South African Primary Schools Championships**
 - ▶
 - ▶
- ▶