

▶ ESTMARI VD WESTHUIZEN

Phone: 083 632 8168

3 January 1995

About me

- ▶ Running has taught me not to wait for the storm to pass, but to run in the rain. I am very passionate about running and always do my best. I have been running for 5 years and it has become a part of my life.
- ▶ God is my inspiration

Goals

- ▶ I want to compete at the Olympic Games for South Africa.
- ▶ In 2011 I want to get provincial colors in cross country and track and field.

Personal best

- ▶ 800m - 2min16
- ▶ 400m -62sec
- ▶ 300m hurdles 50sec

Achievements

2010

- ▶ 6th SA schools cross country

▶ **2009**

SA cross-country Nationals Kimberley