



## ▶ LANE BOSHOFF

Birth date: 7 June 1993

### About me

- ▶ I started running when I was 10 years old. I started by running the 1200m. In grade 7 I did the 100m, 200m and cross country also. In grade 9 I had a serious hamstring injury that kept me from athletics until the end of 2009 when I started training again.
- ▶ I enjoy training, it relaxes me and I get rid of any frustrations that day.

### Goals

- ▶ My goal is to stay fit until I finish school. I want to make it to the finals at Gauteng champs 2011 in the 400m. I want to run my best time in the 400m.

### Personal best

- ▶ 800m – 2min30sek

### Achievements

- ▶ **2010**
- ▶ **2nd 400m D17 champs**
- ▶ **Participated in the 400m at Gauteng Schools championships**
- ▶

- ▶ **2007**
- ▶ **3<sup>rd</sup> D17 cross country champs**
- ▶ **16<sup>th</sup> Gauteng schools**
- ▶
- ▶ **2006**
- ▶ **3<sup>rd</sup> D17 cross country champs**
- ▶ **34<sup>th</sup> Gauteng schools**