



▶ MIKYLA FERREIRA

Phone: 078 116 9045

17 August 1995

About me

- ▶ I started running in 2004.
- ▶ I love running; I love to feel the wind blowing through my hair when I run.
- ▶ I love God for He is my power. With God on my side anything is possible and I have no fears.

Goals

- ▶ I want to run the 800m in 2min08 in 2011, I know I can do it.
- ▶ I want to be an Olympic champion athlete

Personal best

- ▶ 800m - 2min13
- 1500m - 4min40

Achievements

- ▶ **Track and field 2010**
- ▶ Won the Noordheuwel top 10 - 800m race girls under 15 in 2min13 and 1500m 2min42
- ▶ 2nd place national schools 800m 2min14
 - ▶ 2010 4th ASA u15 Cross Country
 - ▶ 4th SA schools Cross Country

▶ **2009**

- ▶ Track and field
- ▶ National schools champ 1500m
- ▶ Cross country
- ▶ Gesso team Nationals Kimberley 8th
- ▶ ASA Nationals (cga)

▶ **2008**

- ▶ Track and field
- ▶ Won national champs 1500m Primary schools 4min48
- ▶ Cross country
- ▶ National schools and ASA
- ▶ 2005-2007
- ▶ Provincial couloirs
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