



## ▶ Rizani van Aswegen

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Birthdate: 16 June 1992

### About me

- ▶ I have been running since...I can't remember. I love to run and it's my passion. God gave me this talent and to run is my gift back to Him. I am a hard worker when it comes to training but I honestly don't see it as work...it is more like my break of the day, and it's fun.

### Goals

- ▶ I aim to be the best 800m athlete in the world. To compete at the Olympics and bring back a gold medal for South-Africa.
- ▶ For 2011 I aim to reach a time as close as possible to 2 minutes flat.

### Personal best

- ▶ 1500m – 4:43 (2005)
- ▶ 800m - 2:11 (2009)
- ▶ 400m – 57 sec (2007)
- ▶ 200m – 26sec (2009)
- ▶ 100m - 12.92sec (2010)

### Achievements

#### 2010

4<sup>th</sup> ASA Cross Country Championships Under 21 Age Group

#### 2009

- ▶ Cross Country
  - ▶ 5<sup>th</sup> Place ASA National Championships

- ▶ 5<sup>th</sup> Place SA Schools National Championships
- ▶ Track and Field
  - ▶ 4<sup>th</sup> Place 800m ASA National Championships
- ▶ 8<sup>th</sup> Place SA Schools National Championships
- ▶ Ranked 6<sup>th</sup> on the ASA Youth Ranking List
- ▶ Achieved Provincial Colors in both Cross Country and Track and Field

**2008**

- ▶ Cross Country
  - ▶ 5<sup>th</sup> Place SA Schools National Championships
- ▶ Track and Field
- ▶ Achieved Provincial Colors in both Cross Country and Track and Field

**2007**

- ▶ Cross Country
  - ▶ 3<sup>rd</sup> Place ASA National Championships
- ▶ Track and Field
  - ▶ 8<sup>th</sup> Place 800m ASA National Championships
- ▶ Achieved Provincial Colors in both Cross Country and Track and Field

**2006**

- ▶ Achieved Provincial Colors in both Cross Country and Track and Field

**2005**

- ▶ Achieved Provincial Colors in both Cross Country and Track and Field
- ▶ Track and Field
- ▶ 3<sup>rd</sup> Place 1500m SA Schools National Championships
- ▶ 6<sup>th</sup> Place 800m SA Schools National Championships

**2004**

- ▶ Achieved Provincial Colors in both Cross Country and Track and Field

**2003**

- ▶ Achieved Provincial Colors in Cross Country

**2002**

- ▶ Achieved Provincial Colors in both Cross Country and Track and Field

**2001**

- ▶ Achieved Provincial Colors in Cross Country