

# *Simonay Weitsz*



*1999-04-26*

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## *About Me*

- *I started running in 2009 not knowing that I will ever be where I am today.*
- *After my 1<sup>st</sup> cross country race I did for my school my mom saw that I had talent and took me to Oom Willie, who as help me till where I am today.*

- *After starting training with Oom Willie I went to the school S.A's for Cross Country and it just made me better and better till today he help me to go to the school S.A's for 1200m if it was not for him that believed I had talent I would have not gone so far.*

- ***THANK YOU OOM WILLIE FOR STILL BELIEVING IN ME.***

- *Running is my life all I want to do is run. Without my running I am lost and it feels if there is something missing.*

- *But I thank God for the talent that he has given me to run, because with out him I will not be able to do so well.*

### **Goals - 2011**

- *To run the 1200 m under 3.50 min in 2011 - I have reached my goal in October 2010 in Durban U/11 to run the 1200 m in 3.51*

- *And in March 2011 U/12 in Germiston on Gauteng 3.46 on the 1200 m.*

- *1<sup>st</sup> in Cross Country in 2010 for Gauteng. – I come 1<sup>st</sup> for Club Cross Country and 2 on school SA in Rustenburg.*

- *I have entered for the Spar Ladies race on the 21 August 2011 and would like to win the 5km as well.*

## *Personal Best - 2011*

### *Track and Field 2011*

- *1200m – School 3.46 on Gauteng.*
- *1200m - School SA's I come 3 after I fell on the start and stood up and completed the race.*
- *1200m – Club SA's 1<sup>st</sup> with a time off 3.51.*
- *Cross Country – 1<sup>st</sup> for Club and 2 on School SA.*
  
- *Wild Trail – Rosemary Hill run on the 22 May 2011- ( **In the women's race little junior runner, Simonay Weitsz, never geared down on the entire course and in an super sprint secured an overall first in a remarkable time of 29min02sec.**)*
- *Trail series – 1<sup>st</sup> in my age category, 1<sup>st</sup> lady and 5 over all on all the four races in June and July 2011.*

- At Groenkloof, 12 year old Simonay Weitsz finished the short course in a fairly respectable 18th position overall. However, at Hennops, she improved this to 6th position, with a time only 31 seconds slower over a far tougher course (Patrick Colborne, the overall winner in both events was 2:16 slower than at Groenkloof). Come Segwati, this little lady was in 4th place overall, beaten only by the young Patrick (who himself looks like one to watch for the future) and two open men! Nearly 7 minutes ahead of the first open lady!

- *I have also participated in the Sappi trail race in Scottsburg on the 18 June 2011 and I was 5<sup>th</sup> overall and 1<sup>st</sup> for the ladies.*



- *Spar KZN Ladies race on the 19 June 2011 - I have won the Spar KZN race in June 2011 with a time of 19.37. - (In what could be a sign of the future, 12-year-old Simonay Weitsz of Kempton Park easily won the 5km race? More than 13 500 runners took part in the two races.)*



## **Personal Best - 2010**

- 1200 m - 4.03
- Cross Country - second for Gauteng at S.A. in 2009.

## **Achievements**

### ***Track and Field 2010***

- 8<sup>th</sup> place at national school S.A for 1200m.
- 5<sup>th</sup> place for girls under 14 for 1500 m and 800 m.

### ***Track and Field 2009***

- 4<sup>th</sup> for Gauteng for Cross Country.
- 18<sup>th</sup> at national school S.A for Cross Country in Kimberly, and 2<sup>nd</sup> for Gauteng on the same day.

## **Contact Details**

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