



## ▶ BIANCA DE LANGE

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### About me

- ▶ I only started running when I was 14 years old. Running was my way of relieving stress, but very soon it became my passion and part of my life. A day without running makes me feel empty.

### Goals

- ▶ My goal is to be the best I can be by giving my best with each training session.
- ▶ For 2011 I aim to run the 1500m as close to 5min as possible.
- ▶ 2010 I want to be part of the D17 team to the Gauteng cross country champs.

### Personal best

- ▶ 1500m – 5min19sek (2009)
- ▶ 800m – 2min30sek (2009)

## **Achievements**

- ▶ **2008 & 2009**
- ▶ **Participated in the Gauteng cross country champs.**