

# ▶ Folavia Sehohle

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## About me

- ▶ I started running since 2001... I am a legend, I love running a lot because it's something that keeps me healthy and at the same time busy. This is a talent from God, I must use it as I still have a chance

## Goals

- ▶ To see myself in a higher level in running and to win Olympics one day, but that is not the main thing. What I want is to hold the records one day and run the Diamond Leagues.

## Personal best

- ▶ **400m 48:9 – 2008**
- ▶ **600m 1:18 - 2010**
- ▶ **800m 1:48:48 – 2010**
- ▶ **1000m 2:26 - 2010**
- ▶ **1500m 3:42 – 2010**
- ▶ **Mile 4:05 – 2009**
- ▶ **3000m 8:17 - 2007**
- ▶ **5000m 14:10 – 2009**
- ▶ **10km 29:45 – 2008**
- ▶ **21km 1:06:57 – 2010**

## Achievements

- ▶ **Athletics and Cross Country**
- ▶ **2001 Cross Country Schools Championships – 10<sup>th</sup>**
- ▶ **2002 Cross Country Schools Championships – 3<sup>rd</sup>**
- ▶ **2003 Cross Country Schools Championships – 2<sup>nd</sup>**
- ▶ **ASA Championships – 1<sup>st</sup>**
- ▶ **2004 ASA Championships – 6<sup>th</sup>**
- ▶ **2005 ASA Championships – 8<sup>th</sup>**
- ▶ **2006 ASA Track and Field – 2<sup>nd</sup>, 3000m**  
**SA Schools National Championships – 1<sup>st</sup> & 3<sup>rd</sup>, 3000m & 1500m**
- ▶ **2007 ASA Track and Field – 1<sup>st</sup>, 1500m**  
**Southern Regional Championships Madagascar – 2<sup>nd</sup>, 3000m**

- ▶ **2008**
    - COSSASA Games Championships Botswana – 1<sup>st</sup> & 2<sup>nd</sup>, 3000m & 1500m**
    - Southern Regional Championships Mozambique – 1<sup>st</sup>, 3000m**
    - World Youth Championships Zech Republic – 7<sup>th</sup>, 3000m**
    - ASA Track and Field – 2<sup>nd</sup>, 1500m & 5000m**
    - ASA Cross Country Championships – 2<sup>nd</sup>, 8km**
    - Common Health Games Youth Pune(India) – 2<sup>nd</sup> & 4<sup>th</sup>, 4x400m relay & 1500m**
    - Zone Six Games – 4<sup>th</sup> & 6<sup>th</sup>, 1500m & 5000m**
  - ▶ **2009**
    - SA Schools Nationals – 1<sup>st</sup>, 1500m & 5000m**
    - World Championships (Jordan/Amman) – 27<sup>th</sup>, 8km**
    - African Championships Mauritius – 6<sup>th</sup>, 5000m**
    - Southern Regional Championships Mauritius – 8km, 5<sup>th</sup>**
  - ▶ **Road Races**
  - ▶ **South Africa Championships 10km , 2<sup>nd</sup> Junior 2008 – 29:49**
  - ▶ **I can say mostly I have achieved everything but one more thing I need is to win World Championships.**
  - ▶ **Target for next year:       3:36:00 - 1500m**  
   **1:45:99 – 800m**
- WITH GOD NOTHING IS IMPOSSIBLE!**