



▶ Pieter Stramrood

About me

I have been running since Grade 3. I love running...Running mostly gives me time to think and to be one with my true self. Running makes me strong and keeps me healthy. After two surgeries on my left knee (Nov/Dec 2008) I was determined to get started again to make my leg so strong that it seems it never happened.

Running is my PASSION.

Goals

My personal goals are to train hard and be the best that I can be. I want to be able to win most of my races and with very good times.

Personal best

I don't have PB's yet but I will run my best times and set a benchmark this season. My best time on the D17 4 km cross-country race was 13 min 12 sec.

Achievements

4th at D17 – 2010