



▶ STIAAN STEYN

Birth date: 3 March 1993

About me

- ▶ Only he, who takes chances in life, can ever know how far he can go!
- ▶ I am determined to make a success of athletics or any other sport for that matter.
- ▶ In 2008 the orthopedic surgeon diagnosed that I wouldn't be able to compete in any sports again due to a back injury. That made me more determined than ever to achieve my goals. I trained at the HP centre for two years and received treatment. I started with physical training late in 2009. My goals for 2010 were to run the 400m hurdles on the highest possible level.

Goals

- ▶ In 2011, I want to win a medal at SA in the 400m hurdles
- ▶ In 2010, I ended 5th in the 400m hurdles at SA my best time was 53,7sec

Personal best

- ▶ 400m hurdles – 53.7sec

Achievements

- ▶ Junior Victor ludorum
- ▶ Boys athlete of the Year
- ▶ Pukke super 16 Inter high Best Junior athlete

CGA champs 2nd at 300m Hurdles