Lauren Dance - RSA

Gender: Female
Athlete Year of Birth: 1990
Athlete Place of Birth: South Africa, Gauteng
Athlete Weight: 57kg
Athlete Height: 167cm
Athlete Lives: Boksburg South Africa
Website: http://www.madmultisport.co.za
Current WTS Ranking: No Ranking

Athlete Biography

A Boksburg girl that is in love with swimming, cycling and running. Believe that anything is possible and you learn the most about yourself when you least expect to. I dream of going to the Olympics, living a triathlon filled life and hope one day to be able to teach life through triathlon as people such as my Coach and Sheila Taormina have taught me.

Athlete Sponsors: M.A.D. Multisport, Dunlop Belting Products, RemaTipTop, Smith Optics, XTERRA wetsuits, Optimum Running, New Balance.

Athlete Language: English

Athlete Tri Entry Year: 2009

Athlete Other Sports: Swimming Biathle Biathlon Lifesaving

Athlete Education: Sport Psychology at the University of Johannesburg

Athlete Sports Hero: Sheila Taormina

Athlete Proudest Moment: Finishing dead last at the 2011 ITU World Champs in Beijing (u23).

Athlete Injuries: ITB Patella Femoral

Athlete Coach: Mike Moriarty

Major Games Results

Date	Event Name	Position
03/09/2011	2011 Maputo All-Africa Games	4

Recent World Triathlon Series Results

Date	Event Name	Position
09/09/2011	2011 Dextro Energy Triathlon - ITU World Championship Grand Final Beijing (U23 Women)	33
08/09/2010	2010 Dextro Energy Triathlon - ITU Triathlon World Championship Grand Final Budapest (U23 Women)	33
09/09/2009	2009 Dextro Energy Triathlon - ITU World Championship Grand Final Gold Coast (Junior Women)	34

World Championship Medals

This athlete does not have any World Championship Medals

0 World Cup Wins

This athlete has not any World Cup Podiums