



INTERNATIONAL TRIATHLON UNION ATHLETE PROFILE 2009



HENDRIK DE VILLIERS (RSA)

Nickname: "Hendrik"
Nationality: South African
Date of Birth: 22 December 1981
Place of Birth: Pretoria, South Africa
Residence: Pretoria, South Africa



Height: 6'0" (1.84m)
Weight: 154 lbs (70kg)



**2008 Year-End
Ranking:** 12

Current Coach: Lucie Zelenkova

Current training location: Pretoria, South Africa

Favourite ITU Race & why: Hard choice, but Tiszaujvaros for the week long atmosphere.

First Triathlon and reason: In 2000 – I did not have a bike before and it looked more exciting than biathlon (run and swim in South Africa) and more challenging.

Proudest Moment: Winning London Tri 2006

Triathlon Goals: The Ultimate

Personal Best: Swim (1500m) - N/A Bike (40km) - N/A Run (10km) - N/A

Most influential person in sporting career: Frank Gray – swim coach of former World record holder, Karen Muir.

Sponsors: Nestle, Nike, Oakley, Zipp, Orca

PERSONAL

Profession: Triathlete **Marital Status:** married

Education: B.Comm - Accounting

Language(s): Afrikaans, English, German **Sibling(s):** three brothers

Father's Occupation: Medical Doctor **Mother's Occupation:** Nurse

Family History in Sport: All my brothers got provincial colours in at least 1 sport, Max 4 sports – in previous generations not much

Biggest Obstacle Overcome in Life: Diagnosed with bipolar mood disorder/depression

Goals outside Triathlon: Happy family man, successful businessman, uplift community in South Africa

CAREER

Ranking History:

2008 - 12th 2007 - 27th 2006 - 27th 2005 - 37th 2004 - 92nd

World Cup Highlights:

2007 Richards Bay World Cup winner (Richards Bay, RSA)

2 World Cup medals

World Championships Highlights:

2008 Triathlon World Championships - 4th Place (Vancouver, CAN)

2004 Triathlon Under23 World Championships - 8th Place (Madeira, POR)

Olympics:

Qualified for 2008 South African Olympic team - DNS due to illness

Other:

2008 Triathlon African Champion (Yasmine Hammamet, TUN)

2007 Mombasa African Cup winner (Mombasa, KEN)

2007 Mariental African Cup winner (Mariental, NAM)

2007 Triathlon African Champion (Le Coco Beach, MRI)

2006 Richards Bay African Cup winner (Richards Bay, RSA)

2006 Commonwealth Games - 10th Place (Melbourne, AUS)

2005 Triathlon African Championships - Silver Medallist (Kwa-Zulu-Natal, RSA)