

Christie Courtnage

Born	1998
Currently Living	Johannesburg
Occupation	Scholar
Training	Log www.attackpoint.org/log.jsp/user_11999
First started orienteering	2007
3000m TT PB	12:46



What is your best Local Performance to date and tell us about that race:

SA Sprint Championships, Woodlands in 2014. I had a good race and I was relatively in touch with the map. I came tied first with my sister!

What is your best International Performance to date and tell us about that race:

The Sprint in the German 5 day event in 2011 that I participated in. I felt in touch with the map and physically strong.

What is your proudest orienteering achievement to date and why:

Coming 3rd in the W14 category in Hungary. It was my first international competition and I didn't expect to place.

What do you love most about orienteering?

The fact that it is both mentally and physically challenging.

Aside from orienteering, what other sports do you do on a regular basis?

Athletics, Cross Country, Hockey, Swimming