

Jacques Jansen van Rensburg

ENDUROCAD and SA Can Run Coach

Jacques Jansen van Rensburg was one of the best juniors' athletes in the South Africa over distances ranging from 1500m to cross country. He ran his first dream mile at the age of 19 and till today holds 2 SA junior records on the track (mile in 3:57 and 2000m in 5:07)

Jacques was offered a full scholarship to University of Nebraska where he studied Exercise Physiology and graduated in 1991. During that period he received his All-American USA colors for both track and cross-country. He has run best times

He returned to SA and represented & captained two South African teams to world cross country championships; he won numerous road races and is a well-experienced marathon athlete.

Today he owns his own lifestyle training & consultancy business where he trains individuals and groups for wellness and lifestyle purposes, he trains groups of high performance athletes from junior to national level with great success. He showed his own versatility when he moved up to compete in multiday events with his brother Mauritz, won the Epic of trail running, the Cape Odyssey in 2008, covering 5 marathons in 5 days over very difficult terrain. He is an Ironman, Top 5 overall in the Wine2Whales (1st in category), multiple podium finisher in the Pro Nutro African X. He is still competitive over multiple distances, different sporting codes and a role model to many.

During his running career he did numerous short courses to massage and work for over 2 years at the *Back to Health Chiropractic Centre in Georgia, Atlanta*. Today an extensive part of his business is to optimize personal performance through preventative treatments including deep myo-fascial massage, alignment and functional rehabilitation.

List of PB

1500 m - 3:37
Mile - 3:57
3000m - 7:47
5000m - 13:35
10km - 28 40
21,1 km - 62:48