



TEZNA ABRAHAMS

South African Paralympian.

Date of birth: 15/12/1995

Nationality: South African

Last updated 10/01/2024



ABOUT ME

Born December 15th, 1995, I am an accomplished Para athlete who proudly represents South Africa on an international stage, competing in the Women's 100m, 200m, and Long Jump events within the T44 classification. I represented them at the 2023 World Para Athletics Championships.



EDUCATION

2001 - 2011

International School of South Africa

2012 - 2013

Western Cape Sports School

2015 - 2017

National Diploma - Sport Management

2018

B-Tech Degree - Sport Management

Present

Master of Sport Management



ATHLETIC CAREER & TEAMS

Bellville Athletics Club

Team South Africa



ACHIEVEMENTS

2023 Cape Town Sports Awards

Sportswoman with disability Finalist

2023 World Championships Paris

Finalist

African Record Holder

Long Jump

SA Champion

Gold - 200m , Long Jump

Bronze - 100m , Discus , Shot Put

Winelands International

Bronze Medalist



MY DIGITAL ATHLETE ID

View my Podium Pursuit Digital Athlete ID to follow my journey to the top podiums of the World.



CONTACT ME

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MY CROWDFUNDING CAMPAIGN

I am calling on ATHLETICS FANS ALL OVER THE WORLD to support me and make a donation. Become part of my journey on the Road to Paris 2024 [HERE](#).

‘My objective is to improve my world rankings, achieve more qualification standards in all my events, and help create more Paralympic slots for my country.’