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EXECUTIVE PROFILE SUMMARY

DOUBLE OLYMPIC CHAMPION, OLYMPIC BRONZE, AUTHOR, PROFESSIONAL SPEAKER & CLINICIAN

As an international swimmer, Penny Heyns established herself as the world's greatest female breaststroker of the 20th Century by becoming the only woman in Olympic history to win both the 100 and 200 meter breaststroke events in Atlanta 1996, bronze in Sydney 2000 and by breaking a total of 14 individual world records during her career.

Furthermore, she is still the only Breaststroke swimmer, male or female, in the history of swimming to break long course world records in all three possible distances, namely the 50m, 100m and 200m.

Her achievements brought her personal audiences with Nelson Mandela, South Africa's beloved "Madiba", and catapulted her into the world of sporting celebrity. While she spent much of her time in the United States and Canada, her heart remained in South Africa, where she now lives.

She has not, however, just excelled as a sports woman in the international arena, but has established herself, after her retirement in 2001, as a businesswoman, guest television presenter, coach and a sought after Inspirational speaker. She builds her presentations on her own experiences with real life examples applicable to the world of business, sport and life.

Her experiences, both while training internationally in the US and Canada with some of the most successful athletes in those respective countries, and while competing at the forefront of international competition, have given her unparalleled insights into what it takes to get to the top, and more importantly, how to stay there.

2006 saw Penny become an inaugural inductee into the South African Sport Hall of Fame and in May 2007 she joined the prestigious company of International icons such as Johnny Weissmuller, better known as the original Tarzan, and Mark Spitz, when she was inducted into the International Swimming Hall of Fame in Fort Lauderdale, Florida –USA. Most recently, in March 2012, she became the first non-track & field female athlete to be inducted into the Africa Sports Hall of Fame.

It is with humility and a deep sense of responsibility that Penny now embraces the platform and opportunity that sport has afforded her, to share the journey behind her success in hopes of making a difference in the lives of her youth and corporate audiences and swim clinic attendees.

In 2011, Penny and her business partner Zelda van Vuuren expanded their business portfolio and began offering specialised Stroke Mechanic Swim Clinics/Camps and Stroke Correction sessions in South Africa, Colorado USA, Botswana, Namibia, Zambia, Tanzania and Ghana, just to name a few.

The content of the Module 1 and 2 clinics includes:

- Breaststroke, Butterfly, Backstroke and Freestyle Stroke Mechanics discussion, & Video reviews
- Water Workouts, Stroke specific drills and Stretching
- Starts, Breakouts and Streamlines
- Stroke work - Body position, rotation, drills, kick and turn techniques
- Race Pace training and goal setting
- Mental Power and Motivational Sessions including Mind Body connection, Visualisation and 8 Champion mindsets

Furthermore, these Mental Power Seminars are also successfully presented as workshops within the corporate and academic markets.

Their company, Omni Share Holdings (Pty) Ltd is currently also the official agent for Myrtha Pools & Technology in South Africa and in association with Swim Wearhouse produces the Penny Heyns Swim Range and imports the SaferSwimmer device from the International Swimming Hall of Fame.

EDUCATION

PRIMARY	DOON HEIGHTS	1981 - 1987
SENIOR	AMANZIMTOTI HIGH	1988 - 1992
TERTIARY	UNIVERSITY OF NEBRASKA, LINCOLN, USA	1993 - 1997

ACADEMIC ACHIEVEMENTS

PRIMARY	<ul style="list-style-type: none"> - ACADEMIC MERIT CERTIFICATE - 80% AND ABOVE AGGREGATE - VICTRIX LADORUM (ATHLETICS) - VICTRIX LADORUM (SWIMMING) - OVERALL SPORTS GIRL - SWIM TEAM CAPTAIN - ATHLETIC TEAM CAPTAIN 	(STD 5) 1987 1987 1985-1987 1987 1987 1987
SENIOR	<ul style="list-style-type: none"> - HEAD GIRL - KAJUITRAAD PRYS - AFRIKAANS LANGUAGE - AMANZIMTOTI AFR TROPHY (DISTINCTION RESULTS) - SWIM TEAM CAPTAIN - FULL HONOURS (SWIMMING) - HALF COLOURS (ATHLETICS) - VICTRIX LADORUM (AGE GROUP ATHLETICS) - VICTRIX LADORUM (JUNIOR AND SENIOR) 	1992 1992 1992 1991- 1992 1989- 1992 1990 -1992 1988 -1991 1988 -1992
TERTIARY	UNIVERSITY OF NEBRASKA - MOST OUTSTANDING STUDENT ATHLETE	1994, 1995

SPORTING ACHIEVEMENTS

REPRESENTATIONS	- NATAL SCHOOLS (PRIMARY)	1987
	- NATAL SCHOOLS (SENIORS)	1988-1992
	- S.A. SCHOOLS TEAM (HONG KONG AND TAIWAN)	1989
	- S.A. CHAMPIONSHIPS (NATAL TEAM)	1989 -2000
	- S.A. OLYMPIC TEAM (BARCELONA) (<i>WAS THE YOUNGEST TEAM MEMBER</i>)	1992
	- S.A. COMMONWEALTH TEAM (VICTORIA - CANADA)	1994
	- S.A. WORLD SWIM CHAMPIONSHIPS TEAM (ROME)	1994
	- S.A. PAN PACIFIC TEAM (ATLANTA)	1995
	- S.A. UNIVERSITY STUDENT GAMES TEAM (FUKUOKA)	1995
	- S.A. ALL AFRICA GAMES TEAM (HARARE)	1995
	- S.A. OLYMPIC TEAM (ATLANTA)	1996
	- S.A. PAN PACIFIC TEAM (FUKUOKA)	1997
	- S.A. UNIVERSITY STUDENTS GAMES TEAM (SICILY)	1997
	- S.A. WORLD SWIM TEAM (PERTH)	1998
	- WORLD ALL STARS TEAMS (GOODWILL GAMES NY)	1998
	- S.A. WORLD SHORT COURSE TEAM (HONG KONG)	1999
	- S.A PAN PACIFIC TEAM (SYDNEY)	1999
	- ALL AFRICA GAMES (JOHANNESBURG)	1999
	- S.A. OLYMPIC TEAM (SYDNEY)	2000

RECORDS	NATAL AGE GROUP	
	100M BREAST	(14 - OPEN)
	200M BREAST	(14 - OPEN)
	NATAL SCHOOLS	
	100M BREAST	(14 - OPEN)
	200M BREAST	(14 - OPEN)
	S.A AGE GROUP	
	100M & 200M BREAST	(OPEN)
	S.A. SCHOOLS	
	100M & 200M BREAST	(14 - OPEN)
	S.A. & AFRICA	
	50 M BREAST	
	100M BREAST	
	200M BREAST	
	S.A.& AFRICA	
	50 M BREAST	
	100M BREAST	
	200M BREAST	
	S.A. WINTER CHAMPS	
	100M & 200M BREAST	
	ALL AFRICA GAMES	
	100M & 200M BREAST	
	COMMONWEALTH	
	50M BREAST	
	100M BREAST	
	200M BREAST	
	WORLD UNIVERSITY GAMES	
	100M & 200M BREAST	
	NCAA AND ALL AMERICAN	
	200 YRDS BREAST	
AMERICA OPEN		
50M,100M & 200M BREAST		
OLYMPIC		
100M BREAST		
200M BREAST		
GOODWILL GAMES		
100M & 200M BREAST		

WORLD RECORDS			
LC = LONG COURSE	100M LC	1:07:46	MARCH 1996 (DURBAN)
	100M LC	1:07:02	JULY 1996 (ATLANTA)
	50M LC	30:95	JULY 1998 (NEW YORK)
	200M LC	2:24:69	JULY 1999 (LOS ANGELES)
	200M LC	2:24:51	JULY 1999 (LOS ANGELES)
	100M LC	1:06:99	JULY 1999 (LOS ANGELES)
	100M LC	1:06:95	JULY 1999 (LOS ANGELES)
	100M LC	1:06:52	AUGUST 1999 (SYDNEY)
SC = SHORT COURSE	200M LC	2:24:42	AUGUST 1999 (SYDNEY)
	200M LC	2:23:64	AUGUST 1999 (SYDNEY)
	50M LC	30:83	AUGUST 1999 (SYDNEY)
	100M SC	1:05:57	SEPTEMBER 1999 (JHB)
	50M SC	30:60	SEPTEMBER 1999 (DURBAN)
	100M SC	1:05:40	SEPTEMBER 1999 (DURBAN)

PLACINGS	S.A. SCHOOLS	
	-100M BREAST	3rd 1987 ; 3rd 1988 ; 1st 1989 ; 1st 1990 ; 1st 1991; 1st 1992
	-200M BREAST	1st 1990 ; 1st 1991 ; 1st 1992
	S.A. NATIONALS	
	-100M BREAST	2nd 1990 ; 1st 1991 ; 2nd 1992 ; 1st 1994 ; 1st 1995; 1st 1996 ;1st 1997 ; 1st 1999 ; 1st 2000
	-200M BREAST	3rd 1989 ; 2nd 1990 ; 1st 1991 ; 1st 1994 ; 1st 1995 1st 1996 ;1st 1999; 1st 2000
	COMMONWEALTH GAMES	
	-100M BREAST	3rd (BRONZE MEDAL) 1994
	-200M BREAST	6th 1994
	WORLD CHAMPS	
	-100M BREAST	6th 1994; 5th 1998
	-200M BREAST	13th 1994; 6th 1998
	PAN PACIFIC CHAMPS	
	- 100M BREAST	1st 1995
	- 200M BREAST	2nd 1995
	- 100M BREAST	2nd 1997
	- 200M BREAST	2nd 1997
	- 100M BREAST	1st 1999(NEW WORLD RECORD)
	- 200M BREAST	1st 1999 (NEW WORLD RECORD)
	- 50M BREAST	Time Trial (NEW WORLD RECORD)
	STUDENT GAMES	
	-100M BREAST	1st 1995 (WORLD STUDENT GAMES RECORD)
	- 200M BREAST	1st 1995 (WORLD STUDENT GAMES RECORD)
	ALL AFRICA GAMES	
	- 100M BREAST	1st 1995; 1st 1999
	- 200M BREAST	1st 1995; 1st 1999
	BARCELONA OLYMPICS	
	- 100M BREAST	33rd 1992
	- 200M BREAST	34th 1992
	ATLANTA OLYMPICS	
	- 100M BREAST	1st 1996 WORLD & OLYMPIC RECORD (GOLD)
	- 200M BREAST	1st 1996 OLYMPIC RECORD (GOLD)
	4 X 100M Medley Relay	4th 1996
	SYDNEY OLYMPICS	
	- 100M BREAST	3rd 2000 (BRONZE)
	GOODWILL GAMES	
	- 100M BREAST	1st 1998 (NEW GOODWILL GAMES RECORD)
	- 200M BREAST	1st 1998 (NEW GOODWILL GAMES RECORD)
	WORLD SC	
	- 50M BREAST	2nd 1999
	- 100M BREAST	2nd 1999
OTHER	- 200M BREAST	2nd 1999
	QANTAS SKINS INV	1st 1998
	WORLD CUP CIRCUIT	1999 (Overall category winner)

ACHIEVEMENTS NEBRASKA UNIVERSITY (USA)

NCAA'S (NATIONAL CHAMPS USA UNIVERSITIES) - SHORTS COURSE YARDS	
- 100M BREAST	18th 1993 ; 2nd 1994 ; 2nd 1995 ; 1st 1996
- 200M BREAST	6th 1994 ; 3rd 1995 ; 2nd 1996

OTHER SPORTING REPRESENTATIONS

ATHLETICS	- SOUTH COAST TEAM (HIGH JUMP) - DURBAN AND DISTRICTS TEAM (HIGH JUMP \ DISCUS) - DURBAN AND DISTRICTS TEAM (400M)	1986 1988 - 1992 1990
HOCKEY	- SOUTH COAST TEAM	1986

SPORTS AWARDS

- WILLARDS SPORTS STAR OF THE MONTH	1989 - 1992
- OVERALL WILLARDS SPORTS STAR OF THE YEAR	1991 - 1992
- OVERALL BEST PERFORMANCE AT S.A NATIONAL AQUATIC CHAMPS	1994 - 2000
- PRESIDENTIAL SILVER MEDAL	1994
- PRESIDENTIAL GOLD	1995 - 2000
- NOCSA AWARDS	1996; 2000
- OLYMPIC AWARDS	1995; 1997
- PROTEA AWARDS	1995; 1996
- VICTOR AWARDS	1995 - 1997
- SWIMMING WORLD FEMALE SWIMMER OF THE YEAR	1996; 1999
- NEWSMAKER OF THE YEAR JHB PRESS CLUB	1996
- O' HAGANS SPORTS PERSON OF THE YEAR	1996
- AMATEUR ATHLETIC FOUNDATION WORLD TROPHY - AFRICA	1996
- THE STAR/DAN PERKINS SPORTS STAR OF THE YEAR	1996; 1999
- SHOPRITE/CHECKERS WOMAN OF THE YEAR (SPORTS CATEGORY)	1996; 2000
- SUPERSPORT STAR OF AFRICA	AUG 1998
- SUPERSPORT STAR OF AFRICA OVERALL WINNER	1999
- EXCELLENCE IN LIFE - RHEMA MINISTRIES	1999
- OUTSTANDING ACHIEVEMENT AWARD - YOUNG LIFE MINISTRIES	1999
- FINA AWARD	1999
- QANTAS BEST FEMALE PERFORMANCE	1999
- SWIMMING WORLD FEMALE SWIMMER OF THE YEAR	1999
- WOMEN OF DISTINCTION AWARD NEBRASKA UNIVERSITY	2000
- CITY PRESS/RAPPORT PRESTIGE WOMEN OF THE YEAR	2001
- FREE STATE SPORTS MEDIA AWARD	2002
- STAR IN YOU KIDS CHOICE AWARD FOR FAVORITE LOCAL SPORTS STAR	2002
- AFRICAN SPORTS AMBASSADOR ICC CRICKET WORLD CUP	2003
- STARS FOR CHARITY AWARD	2003
- PRESIDENTIAL AWARD: ORDER OF IKHMANGA: SILVER	2003

— 2001 - CURRENT

OMNI SHARE HOLDINGS (PTY) LTD PRETORIA RSA

MANAGING DIRECTOR & SHAREHOLDER

PENNY HEYNS PUBLIC PERSONA & PROFILE MANAGEMENT

APPEARANCES & SPONSORSHIPS

ENDORSEMENTS

PRINTING AND PRODUCTION OF PENNY HEYNS AUTOBIOGRAPHY

STRATEGIC PROJECT CONCEPTUALISATION & DEVELOPMENT

MODULE 1&2 SWIM CLINICS/CAMPS - STROKE MECHANICS

INDIVIDUAL STROKE CORRECTION CLINICS

Both Omni Share Directors are registered coaches at TUKS SPORT CLUB - NTS

SWIMMING CAREER HIGHLIGHTS

FACT SHEET

OLYMPIC GAMES participation: Barcelona,1992; Atlanta,1996; Sydney,2000

She was the youngest team member of the S.A. OLYMPIC TEAM (BARCELONA) 1992

1st WORLD RECORD 100m breaststroke Durban South Africa March 1996

S.A. OLYMPIC TEAM (ATLANTA) 1996

Gold Medal 100m Breast WORLD RECORD

Gold Medal 200m Breast OLYMPIC RECORD

The only Women in the History of the Olympic Games to have won both the 100m & 200m Breaststroke Events

Still the only Breaststroke swimmer, male or female, in the history of swimming to break long course world records in all three possible distances, namely the 50m, 100m and 200m as well as only swimmer to hold 5 out of possible 6 Breaststroke world records.

She was the first Olympic Gold Medallist for RSA in 44 years

First international medal Bronze 100m breaststroke - S.A. COMMONWEALTH TEAM 1994

50m Breast WORLD RECORD GOODWILL GAMES (NEW YORK) 1998

Spate of WORLD RECORDS in 1999: 11 new world records in 3 months

- never been achieved in the history of swimming. On 3 different continents.

100M LONG COURSE - JULY 1999 (LOS ANGELES) 1:06:99

100M LONG COURSE - JULY 1999 (LOS ANGELES) 1:06:95

200M LONG COURSE - JULY 1999 (LOS ANGELES) 2:24:69

200M LONG COURSE - JULY 1999 (LOS ANGELES) 2:24:51

100M LONG COURSE - AUGUST 1999 (SYDNEY) 1:06:52

200M LONG COURSE - AUGUST 1999 (SYDNEY) 2:24:42

200M LONG COURSE - AUGUST 1999 (SYDNEY) 2:23:64

50M LONG COURSE - AUGUST 1999 (SYDNEY) 30:83

100M SHORT COURSE - SEPTEMBER 1999 (JOHANNESBURG) 1:05:57

50M SHORT COURSE - SEPTEMBER 1999 (DURBAN) 30:60

100M SHORT COURSE - SEPTEMBER 1999 (DURBAN) 1:05:40

Total number of WORLD RECORDS broken: 14

Penny held 5 of the possible 6 breaststroke World Records.

Former Olympic record holder of both the 100m and 200m breaststroke.

50m breaststroke not an Olympic Event.

She is the only Breaststroke swimmer to hold the 50M, 100M and 200M Long Course WORLD RECORDS and did so simultaneously. All 3 records were eclipsed at one swim meet - Pan Pac's 1999, Sydney

PENNY HEYNS IS INDISPUTABLY THE BEST FEMALE BREASTSTROKE SWIMMER OF THE 20

Some may contend that her achievements crown her as the BEST BREASTSTROKE SWIMMER ever!

ADDITIONAL BUSINESS INTERESTS

<p>MEMBER OF 2004 OLYMPIC BID PRESENTATION TEAM - Lausanne, Switzerland</p>	1997
<p>FINA ATHLETE'S COMMISSION MEMBER HONORARY SECRETARY - World Swimming Governing Body</p>	2001 - 2009 -
<p>SWIM CAMPS/CLINICS - National & International</p>	2001 -
<p>GUEST TELEVISION PRESENTING</p>	2002 -
<p>DIRECTOR: PLATINUM MILE INVESTMENTS (PTY)LTD - Building, renovation & maintenance of Pools</p>	2000 - 2002
<p>DIRECTOR: PENNY HEYNS BUSINESS HOLDINGS (PTY)LTD - Professional Speaker: Corporate, Schools, Churches (Since 1996) - Promotion & Advertising (Since 2001) - Production and Publishing of Books & Products (Since 2004)</p>	2001 -
<p>DIRECTOR: STAR CHOICE PROPERTIES 6 (PTY)LTD - Property Sub-Division, Development & Sales</p>	2001 -
<p>INTERNATIONAL DIRECTOR: AMERICAN COLLEGE CONNECTION - Identifying and recruiting international sporting talent for US Colleges.</p>	2005 -
<p>MEMBER OF THE EMINENT GROUP:</p>	2006 -
<p>SOUTH AFRICAN SPORTS HALL OF FAME - Responsible for nominees, inductees, criteria & selection process.</p>	
<p>SAVE THE DREAM AMBASSADOR</p>	2013 -
<p>COMMUNITY SPORT & RECREATION TRUST - TRUSTEE</p>	2014 -