

CURRICULUM VITAE: IRVETTE VAN ZYL



PERSONAL INFORMATION

SURNAME: van Zyl
FIRST NAMES: Irvette
COUNTRY: R.S.A
DATE OF BIRTH: 1987/07/05
ID: 870705 0144 080
CLUB: Nedbank Running Club - CGA

PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
1500m	04:17.5	Durban (RSA)	07.03.2003
Mile	04:48.8	Heverlee (BEL)	05.06.2004
3000m	09:11.5	Pretoria (RSA)	08.03.2016
5000m	16:02.6	Stellenbosch (RSA)	15.04.2016
10,000m	34:19.5	Durban (RSA)	17.04.2004
5 km Road	16:25	Arezzo (ITA)	27.05.2012
10 km Road	32:20:00	Stellenbosch (RSA)	09.08.2014
12 km Road	39:40:00	Cape Town (RSA)	15.05.2016
15 km Road	51:06:00	Nijmegen (NED)	17.11.2002
20 km Road	1:11:23	East London (RSA)	02.07.2006
Half Marathon	1:11:00	Port Elizabeth (RSA)	30.07.2016
Half Marathon	1:10:56	New York (USA)	20.03.2011
Marathon	2:31:26	London (GBR)	21.04.2013

PERSONAL BEST PERFORMANCES 2017

Event	Result	Venue	Date
5000m	16:20.06	Durban (RSA)	28.02.2017
1500m	4:23.23	Potchefstroom (RSA)	22.04.2017
10 km Road	33:07	Cape Town (RSA)	02.04.2017
Half Marathon	1:12:36	Barcelona (ESP)	12.02.2017
Marathon	2:36:46	Cape Town (RSA)	17.09.2017



PERSONAL PERFORMANCES 2016

Event	Result	Venue	Date
3000m	09:11.5	Pretoria (RSA)	08.03.2016
5000m	16:02.6	Stellenbosch (RSA)	15.04.2016
10 km Road	33:02:00	Durban (RSA)	17.07.2016
12 km Road	39:40:00	Cape Town (RSA)	15.05.2016
Half Marathon	1:11:00	Port Elizabeth (RSA)	30.07.2016
Marathon	2:32:20	London (GBR)	24.04.2016

PERSONAL PERFORMANCES 2007

Dischem 21km, Johannesburg, 1st, time: 76:58
 Old Mutual Freedom 15km, Johannesburg, 1st, time: 56:49
 Benoni Harriers 10km, 2nd, time: 37:04
 Spar Ladies 10km, Eastern Cape, 4th, time: 35:15
 Nedbank JHB City 10km, 8th, time: 38:34

PERSONAL PERFORMANCES 2009

Nedbank Durban 10km, 1st, time: 34:08
 Akasia 21km, 1st, time: 1:21:59
 Spar Ladies (EP) 10km, 3rd, time: 34:39
 Spar Ladies Durban 10km, 7th, time: 35:25
 Nedbank SA Champs 10km (Bol), 9th, time: 34:34
 Nedbank Limpopo 21km, 7th, time: 1:19:45
 City2City 21km, time: 1:22:07
 Spar Ladies (CGA) 10km, 3rd, time: 36:03

PERSONAL PERFORMANCES 2011

Dischem 21km (CGA), 1st, time: 1:16:28
 George Claassen (agn) 10km 1st, 34:34
 Johnson Crane (agn) 21km 01:17:25
 Mccarthy Toyota (agn) 21km 1st, 01:17:24
 Bestmed Tuks (agn) 21km 2nd, 01:15:04
 Sunrise Monster 32km (agn) 1st, 02:12
 New York Half Marathon 9th, 1:10:56
 Two Oceans 21km, 2nd, time: 1:12:04
 Spar Ladies PE, 2nd, time: 33:38
 SA 10km Girmiston, 1st, time: 34:03
 New York Mini 10km, time: 33:56
 Spar Ladies Durban, 1st, time: 32:50
 Vodacom 21km, 1st, time: 1:20:35
 Spar Ladies Pretoria, 1st, time: 34:55
 Spar Ladies Johannesburg, 1st, time: 34:22

PERSONAL PERFORMANCES 2013

1 Kudus (cga) 15km 00:54:39
 1 Pwc George Claassen (agn) 10km 00:34:55
 1 Mccarthy Toyota (agn) 21km 1:14:55
 1 Totalsports Ladies (bol) 10km 32:20
 1 Northgate (cga) 10km 34:38

PERSONAL PERFORMANCES 2008

Spar Ladies 10km, Pretoria, 1st, time: 35:47
 City-to-City 21km, Johannesburg, 2nd, time: 78:48
 Total Sport Ladies 10km, 1st, time: 36:49
 Spar Ladies 10km, Western Cape, 4th, time: 34:42
 Breakthru 15km, Midrand, 3rd, time: 62:27

PERSONAL PERFORMANCES 2010

George Claassen 10km, 1st time: 36:42
 Yellow Pages Series Meeting #1, 5000m, 3rd, time: 16:26:13
 Yellow Pages Series Meeting #3, 3000m, 3rd, time: 9:29:33
 Akasia 10km, 2nd, time: 34:55
 Two Oceans 21km, 2nd, time: 1:12:55
 Spar Ladies (WP) 10km, 8th, time: 35:46
 Spar Ladies (EP) 10km, 2nd, time: 34:07
 RAC Ladies 10km, 1st, time: 35:44
 SA Champs (EP) 21km, 1st, time: 1:11:09
 SA Champs (Paarl) 10km, 1st, time: 33:15
 Spar Womens Race (agn), 1st, time: 34:26
 Spar Womens Race (KZN), 1st, time: 33:45
 Southern Region 21km Champs, 1st, time: 1:16:54
 City2City 10km, 1st, time: 34:28
 Spar Ladies 10km (CGA), 1st, time: 34:23
 RAC Tough One 32 km (CGA), 1st, time: 2:04:54

PERSONAL PERFORMANCES 2012

McCarthy Toyota 21km, 1st, time: 1:19:36
 SA 10k Champs (FS), 1st, time: 33:21
 Bestmed Tuks (agn) 10km, time: 35:12
 Old Mutual Provisional Two Oceans (wp) 21km, 3rd, time: 01:16:22
 Spar Womens Challenge (wp) 10km, 3rd, time: 33:32
 Spar Ladies (ep) 10km, 3rd, time: 34:15
 Kwai Challenge (cga) 21km, 2nd, time: 01:19:17
 London Marathon, time: 2:33:41
 Spar Ladies Johannesburg, 1st, time: 34:34
 1 Rac City Lodge Tough One (cga) 32km 02:04:44

PERSONAL PERFORMANCES 2014

10 Spar Ladies (ep) 10km, Time: 34:55
 Northgate 10km, Time: 34:38
 1 Totalsports Ladies Race 10 km 32:20
 1 Spar Women's (agn) 10km 33:32
 1 Mandela Marathon 42km 2:47:15



1 Bronkhorstspuit (agn) 32km 02:08:59
3 Two Oceans 21km, time: 1:15:20
10 London Marathon, time: 2:31:26
3 Spar Ladies Pretoria, time: 34:21

PERSONAL PERFORMANCES 2015

Fnb Cape Town 12 Onerun (wp) 12km 42:18
1 Ford 3 In 1 (agn) 21km 1:22:04
1 The Grove Family Day (agn) 10km 35:41
20 Spar Womens Challenge (wp) 10km 36:28
1 George Claassen-variable Distance (agn) 10km 36:23

7 Bupa Great Birmingham 21km Run 1:14:24

PERSONAL PERFORMANCES 2016

1 Pwc George Claassen (agn) 10km 00:33:30
1 Akasia Wonderpark (agn) 10km 01:17:35
1 Deloitte Pretoria (agn) 21km 01:15:28

