# CURRICULUM VITAE: IRVETTE VAN ZYL

## 

## PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Irvette van Zyl

**COUNTRY:** R.S.A

**DATE OF BIRTH:** 1987/07/05

**CLUB:** Nedbank Running Club

**EMAIL / CONTACT / TWITTER:** [irvievanblerk@gmail.com](mailto:irvievanblerk@gmail.com) / 083 396 4208 / @irv87

## **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 2018**

**Event Position Time**

Soweto Marathon 1 02:33:43

Pretoria 10 km 2 35:02

Bellville Spar Grand Prix Series 3 35:07

Pretoria Spar Grand Prix Series 4 34:56

Pietermaritzburg Spar Grand Prix Series 1 34:26

Cape Town 10 km 1 32:48

Johannesburg 10 km 1 33:52

Johannesburg SPAR Grand Prix Series 1 34:07

Durban 10 km 3 32:06

**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 PERSONAL PERFORMANCES 2008**

Dischem 21km, Johannesburg, 1st, time: 76:58 Spar Ladies 10km, Pretoria, 1st, time: 35:47

Old Mutual Freedom 15km, Johannesburg, 1st, time: 56:49 City-to-City 21km, Johannesburg, 2nd, time: 78:48

Benoni Harriers 10km, 2nd, time: 37:04 Total Sport Ladies 10km, 1st, time: 36:49

Spar Ladies 10km, Eastern Cape, 4th, time: 35:15 Spar Ladies 10km, Western Cape, 4th, time: 34:42

Nedbank JHB City 10km, 8th, time: 38:34 Breakthru 15km, Midrand, 3rd, time: 62:27

**PERSONAL PERFORMANCES 2009** **PERSONAL PERFORMANCES 2010**

Nedbank Durban 10km, 1st, time: 34:08 George Claassen 10km, 1st time: 36:42

Akasia 21km, 1st, time: 1:21:59 Yellow Pages Series Meeting #1, 5000m, 3rd, time: 16:26:13

Spar Ladies (EP) 10km, 3rd, time: 34:39 Yellow Pages Series Meeting #3, 3000m, 3rd, time: 9:29:33

Spar Ladies Durban 10km, 7th, time: 35:25 Akasia 10km, 2nd, time: 34:55

Nedbank SA Champs 10km (Bol), 9th, time: 34:34 Two Oceans 21km, 2nd, time: 1:12:55

Nedbank Limpopo 21km, 7th, time: 1:19:45 Spar Ladies (WP) 10km, 8th, time: 35:46

City2City 21km, time: 1:22:07 Spar Ladies (EP) 10km, 2nd, time: 34:07

Spar Ladies (CGA) 10km, 3rd, time: 36:03 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 2011** **PERSONAL PERFORMANCES 2012**

Dischem 21km (CGA), 1st, time: 1:16:28 McCarthy Toyota 21km, 1st, time: 1:19:36

George Claassen (agn) 10km 1st, 34:34 SA 10k Champs (FS), 1st, time: 33:21

Johnson Crane (agn) 21km 01:17:25 Bestmed Tuks (agn) 10km, time: 35:12

Mccarthy Toyota (agn) 21km 1st, 01:17:24 Old Mutual Provisional Two Oceans (wp) 21km, 3rd, time: 01:16:22

Bestmed Tuks (agn) 21km 2nd, 01:15:04 Spar Womens Challenge (wp) 10km, 3rd, time: 33:32

Sunrise Monster 32km (agn) 1st, 02:12 Spar Ladies (ep) 10km, 3rd, time: 34:15

New York Half Marathon 9th, 1:10:56 Kwai Challenge (cga) 21km, 2nd, time: 01:19:17

Two Oceans 21km, 2nd, time: 1:12:04 London Marathon, time: 2:33:41

Spar Ladies PE, 2nd, time: 33:38 Spar Ladies Johannesburg, 1st, time: 34:34

SA 10km Girmiston, 1st, time: 34:03 1 Rac City Lodge Tough One (cga) 32km 02:04:44

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 PERSONAL PERFORMANCES 2014**

1 Kudus (cga) 15km 00:54:39 10 Spar Ladies (ep) 10km, Time: 34:55

1 Pwc George Claassen (agn) 10km 00:34:55 Northgate 10km, Time: 34:38

1 Mccarthy Toyota (agn) 21km 1:14:55 1 Totalsports Ladies Race 10 km 32:20

1 Totalsports Ladies (bol) 10km 32:20 1 Spar Women’s (agn) 10km 33:32

1 Northgate (cga) 10km 34:38 1 Mandela Marathon 42km 2:47:15

1 Bronkhorstspruit (agn) 32km 02:08:59 7 Bupa Great Birmingham 21km Run 1:14:24

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** **PERSONAL PERFORMANCES 2016**

Fnb Cape Town 12 Onerun (wp) 12km 42:18 1 Pwc George Claassen (agn) 10km 00:33:30

1 Ford 3 In 1 (agn) 21km 1:22:04 1 Akasia Wonderpark (agn) 10km 01:17:35

1 The Grove Family Day (agn) 10km 35:41 1 Deloitte Pretoria (agn) 21km 01:15:28

20 Spar Womens Challenge (wp) 10km 36:28

1 George Claassen-variable Distance (agn) 10km 36:23