# CURRICULUM VITAE: IRVETTE VAN ZYL

##

## PERSONAL INFORMATION

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

**COUNTRY:** South Africa

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

**CLUB:** Nedbank Running Club

**EMAIL / CONTACT / TWITTER:** irvievanblerk@gmail.com / 083 396 4208 / @irv87

## **PERSONAL BEST PERFORMANCES**

**Event Result Venue Date**

10 km Road 32:06 Durban (RSA) 2018

Half Marathon 1:11:00 Port Elizabeth (RSA) 2016

Half Marathon 1:10:56 New York (USA) 2011

Marathon 2:31:26 London (GBR) 2013

Two Oceans 21km 1:12:06 Cape Town (RSA) 2011

**PERSONAL BEST PERFORMANCES 2019**

Dischem 21km 1:14:51, 1st

Deloitte Pretoria Marathon (agn) 42km 02:44:27, 1st

Two Oceans 56km 03:41:31, 3rd

Spar Ladies PE 33:38, 5th

FNB Cape Town 12km ONERUN 39:22, 6th

Spar Ladies CT 33:43, 7th

Spar Ladies Durban 33:43, 3rd

**PERSONAL BEST PERFORMANCES 2018**

Soweto Marathon 02:33:43, 1st

Pietermaritzburg Spar Grand Prix Series 34:26, 1st

Cape Town 10 km 32:48, 1st

Johannesburg 10 km 33:52, 1st

Johannesburg SPAR Grand Prix Series 34:07, 1st

Durban 10 km 32:06, 3rd