

**CURRICULUM VITAE: Liz Verheyden**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Liz Verheyden  
**DATE OF BIRTH:** 09/01/1984  
**CLUB:** NEDBANK WPA  
**NATIONALITY:** BELGIAN

**PERSONAL BEST TIMES**

Distance	Time	Venue	Year
10km	36:34	Pinelands	2023
21km	1:19	Ajman 21k (UAE)	2022
42.2km	2:51	Abu Dhabi Marathon (UAE)	2022
Two Oceans 56km	4:12	Cape Town	2025

**Best Performances 2025**

Two Oceans 56k – 4:12  
 John Korasie 30k – 2:09  
 Dubai Marathon 42k – 2:55

**Best Performances 2024**

Ramadan NAS 5k – 17:48  
 Eerste Rivier 15k – 59:48

**Best Performances 2023**

Eerste Rivier – 15k – 58:31  
 Curro Half Marathon – 21k – 1:22  
 Pinelands – 10k – 36:34

**Best Performances 2022**

Abu Dhabi Marathon – 2:51  
 Palm Run 5k – 17:40  
 Pinelands 10k – 36:38

