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CURRICULUM VITAE: **CHRIZELL ROBERTS**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Chrizell Roberts

**DATE OF BIRTH:** 20 May 1987

**CLUB:** Nedbank Running Club

**NATIONALITY:** South African

**PERSONAL BEST TIMES**

**Discipline Performance Place Date**

10 Kilometres 37:25 Durban (RSA) 2021

Half Marathon 1:22:28 Port Elizabeth (RSA) 2021

Marathon 3:02:34 Cape Town (RSA) 2021

50km 3:32:55 Port Elizabeth (RSA) 2021

**Best Performances 2025**

Benoni Northerns 48km, 3:39:56, 1st

**Best Performances 2024**

Two Oceans Marathon (RSA) 56km, 4:55:44 h

50Km Nedbank Ultra Marathon Runified (RSA), 4:26:48

**Best Performances 2023**

Comrades Marathon - Down Run (RSA) 89km, 7:24:48

**Best Performances 2022**

Two Oceans Marathon (RSA) 56km, 4:26:54

**Best Performances 2021**

Nedbank Runified 50km 3:32:55, 15th

SPAR Grand Prix Cape Town 10km, Cape Town, 37:36

SPAR Grand Prix Durban 10km, Durban, 38:22

AGN Champs 10km, Centurion, 38:04, 2nd

Durban 10km CITYRUN, Durban, 37:25

Nelson Mandela Bay Half Marathon, Port Elizabeth, 1:22:28

Sanlam Cape Town Marathon, Cape Town, 3:02:34

**Best Performances 2020**

Uniwisp Marathon 2:50:51, 1st

Dis-Chem Half Marathon 1:25:28, 1st

**Best Performances 2019**

Glencore 15km 1st

Goldi Marathon 3:33:09, 2nd

Township Marathon 3:29:45, 2nd

Potato Pride Half Marathon 1:34:14, 1st

Robor Ultra Marathon 50km 2nd

Clearwater Mall 10km 3rd

Maximed Night Race 10km 1st

Fat Cats 10 km 3rd

Sasol Night Race 10km 41:49, 1st

Skosana Road Race 10km 2nd

**Best Performances 2018**

Fred Morrison, 10 km, 39:41, 2nd

Goldi Half Marathon, 1:31:24, 2nd

Pirates, 10 km, 40:30, 2nd

 Modern Athlete Irene, 48 km, 3rd

 Sasol Secunda, 10 km, 39:54, 1st