



## 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  
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### PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
10 km Road	32:06	Durban (RSA)	2018
Half Marathon	1:11:00	Port Elizabeth	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
Two Oceans 56km	3:41:31	Cape Town (RSA)	2019



### PERSONAL BEST PERFORMANCES 2019

Dischem 21km 1:14:51, 1<sup>st</sup>  
Deloitte Pretoria Marathon (agn) 42km 02:44:27, 1<sup>st</sup>  
Two Oceans 56km 03:41:31, 3<sup>rd</sup>  
Spar Ladies PE 33:38, 5<sup>th</sup>  
Spar Ladies CT 33:43, 7<sup>th</sup>  
Spar Ladies Durban 33:43, 3<sup>rd</sup>  
Soweto Marathon 02:34:01, 1<sup>st</sup>

### PERSONAL BEST PERFORMANCES 2018

Soweto Marathon 02:33:43, 1<sup>st</sup>  
Pietermaritzburg Spar Grand Prix Series 34:26, 1<sup>st</sup>  
Cape Town 10 km 32:48, 1<sup>st</sup>  
Johannesburg SPAR Grand Prix Series 34:07, 1<sup>st</sup>  
Durban 10 km 32:06, 3<sup>rd</sup>



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