



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	2:28:40	Siena (ITA)	2021
Two Oceans 21km	1:12:06	Cape Town (RSA)	2011
Two Oceans 56km	3:41:31	Cape Town (RSA)	2019



Best Performances 2021

AGN League 1, 1500m Bestmed Tuks Stadium, Pretoria 4:41.22, 1st
Invitational Middle Distance Track Series, 3000m Coetzenburg Stadium, Stellenbosch 9:23.72, 3rd
CGA Open Meet One, 5000m Stadium, Boksburg 16:55.10, 1st
AGN League 1, 5000m Bestmed Tuks Stadium, Pretoria 16:39.29, 1st
Invitational Middle Distance Track Series, 5000m Coetzenburg Stadium, Stellenbosch 16:23.30, 4th
Xiamen Marathon & Tuscany Camp Global Elite Race, Siena 2:28:40, 13th

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
Spar Ladies CT 33:43, 7th
Spar Ladies Durban 33:43, 3rd
Soweto Marathon 02:34:01, 1st

Best Performances 2018

Soweto Marathon 02:33:43, 1st



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Pietermaritzburg Spar Grand Prix Series 34:26, 1st
Cape Town 10 km 32:48, 1st
Johannesburg SPAR Grand Prix Series 34:07, 1st
Durban 10 km 32:06, 3rd



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