



## CURRICULUM VITAE: CHRIZELL ROBERTS

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Chrizell Roberts  
**DATE OF BIRTH:** 20 May 1987  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South African  
**EMAIL:** [christina.e.roberts@gmail.com](mailto:christina.e.roberts@gmail.com)  
**INSTAGRAM:** @chrizellroberts  
**TWITTER:** @chrizell\_e

### PERSONAL BEST TIMES

<u>Discipline</u>	<u>Performance</u>	<u>Place</u>	<u>Date</u>
5000 Metres	18:18.94	Pretoria (RSA)	2021
10,000 Metres	38:08.97	Durban (RSA)	2021
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 2021

Nedbank Runified 50km 3:32:55, 15<sup>th</sup>  
CGA Open Meet One 5000m, Stadium, Boksburg RSA 18:53.20, 7<sup>th</sup>  
AGN League 1, 5000m, Bestmed Tuks Stadium, Pretoria RSA 18:18.94, 4<sup>th</sup>  
KZNA 10000m League, Kings Park Athletics Stadium, Durban RSA 38:08.97, 2<sup>nd</sup>  
SPAR Grand Prix Cape Town 10km, Cape Town RSA 37:36  
SPAR Grand Prix Durban 10km, Durban RSA 38:22  
AGN Champs 10km, Centurion RSA 38:04, 2<sup>nd</sup>  
Durban 10km CITYRUN, Durban RSA 37:25  
Nelson Mandela Bay Half Marathon, Port Elizabeth RSA 1:22:28  
Sanlam Cape Town Marathon, Cape Town RSA 3:02:34

### Best Performances 2020

Uniwisp Marathon 2:50:51, 1<sup>st</sup>  
Dis-Chem Half Marathon 1:25:28, 1<sup>st</sup>

### Best Performances 2019

Glencore 15km 1<sup>st</sup>  
Goldi Marathon 3:33:09, 2<sup>nd</sup>



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Township Marathon 3:29:45, 2<sup>nd</sup>  
Potato Pride Half Marathon 1:34:14, 1<sup>st</sup>  
Robor Ultra Marathon 50km 2<sup>nd</sup>  
Clearwater Mall 10km 3<sup>rd</sup>  
Maximed Night Race 10km 1<sup>st</sup>  
Fat Cats 10 km 3<sup>rd</sup>  
Sasol Night Race 10km 41:49, 1<sup>st</sup>  
Skosana Road Race 10km 2<sup>nd</sup>

**Best Performances 2018**

Fred Morrison, 10 km, 39:41, 2<sup>nd</sup>  
Goldi Half Marathon, 1:31:24, 2<sup>nd</sup>  
Pirates, 10 km, 40:30, 2<sup>nd</sup>  
Modern Athlete Irene, 48 km, 3<sup>rd</sup>  
Sasol Secunda, 10 km, 39:54, 1<sup>st</sup>



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