



## 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
50km	3:04:23	Port Elizabeth (RSA)	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 RSA 4:41.22, 1<sup>st</sup>  
Invitational Middle Distance Track Series 3000m, Coetzenburg Stadium, Stellenbosch RSA 9:23.72, 3<sup>rd</sup>  
CGA Open Meet One 5000m, Stadium, Boksburg RSA 16:55.10, 1<sup>st</sup>  
AGN League 1, 5000m, Bestmed Tuks Stadium, Pretoria RSA 16:39.29, 1<sup>st</sup>  
Invitational Middle Distance Track Series 5000m, Coetzenburg Stadium, Stellenbosch RSA 16:23.30, 4<sup>th</sup>  
SPAR Grand Prix Tshwane 10km, Tshwane RSA 34:51, 4<sup>th</sup>  
SPAR Grand Prix Joburg 10km, Johannesburg RSA 34:40, 3<sup>rd</sup>  
SPAR Grand Prix Gqeberha 10km, Gqeberha RSA 33:27, 6<sup>th</sup>  
Durban 10km CITYRUN, Durban RSA 33:39, 5<sup>th</sup>  
Cape Town 12km CITYRUN, Cape Town RSA 41:52, 6<sup>th</sup>  
Nelson Mandela Bay Half Marathon, Port Elizabeth RSA 1:12:54, 10<sup>th</sup>  
Xiamen Marathon & Tuscany Camp Global Elite Race, Siena ITA 2:28:40, 13<sup>th</sup>  
The XXXII Olympic Games, Odori Park, Sapporo JPN  
Nedbank Runified Breaking Barriers 50-K, Port Elizabeth RSA 3:04:23, 1<sup>st</sup>

### Best Performances 2019

Dischem 21km 1:14:51, 1<sup>st</sup>  
Deloitte Pretoria Marathon (agn) 42km 02:44:27, 1<sup>st</sup>



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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>

**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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