



CURRICULUM VITAE: Kelly van Vliet

PERSONAL DETAILS

FIRST NAME / SURNAME: Kelly van Vliet
DATE OF BIRTH: 27 October 1987
CLUB: Nedbank Running Club
NATIONALITY: South African
EMAIL: kelbel99@gmail.com

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Date:</u>
10 Kilometres	36:26	Port Elizabeth (RSA)	2021
15 Kilometres	2:54:41	Cape Town (RSA)	2021
Half Marathon	1:18:47	Port Elizabeth (RSA)	2021
Marathon	2:54:41	Cape Town (RSA)	2021
50km	3:25:54	Port Elizabeth (RSA)	2021

Best Performances 2022

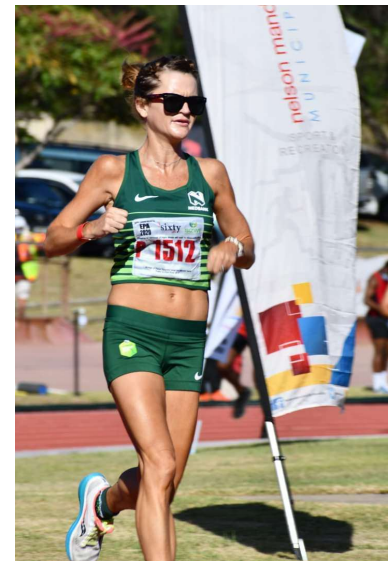
Nedbank Runified 50km 3:31:58, 8th
Spar Ladies Grand Prix Series, Gqeberha RSA, 36:04, 20th
Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:19:10, 18th

Best Performances 2021

Nedbank Runified 50km 3:25:54, 10th
NMBM Legacy Series 1 Colchester, Port Elizabeth, 36:26, 3rd
NMBM Legacy Series 2 Colchester, Port Elizabeth, 36:28, 1st
Nelson Mandela Bay Half Marathon Port Elizabeth, 1:18:47
Sanlam Cape Town Marathon, Cape Town RSA, 2:54:41

Best Performances 2019

Nelson Mandela Bay Northern Areas Legacy Project 15-Km, 58:08, 2nd
Nelson Mandela Bay Half Marathon, Port Elizabeth, 1:21:56
Petro SA Marathon, Mossel Bay, 3:00:41, 8th



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