



CURRICULUM VITAE: IRVETTE VAN BLERK

PERSONAL INFORMATION

SURNAME: Van Blerk
FIRST NAMES: Irvette
COUNTRY: R.S.A
DATE OF BIRTH: 1987/07/05
ID: 870705 0144 080
CLUB: Nedbank Running Club, CGA
MARITAL STATUS: Single
OCCUPATION: Student

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Race</u>	<u>Date</u>
10 Km	34:29	Spar Ladies 10km, Eastern Cape, South-Africa	2005
15 Km	56:49	Old Mutual Freedom 15km, Johannesburg, South-Africa	2007
21.1 Km	76:58	Dischem 21km, Johannesburg, South -Africa	2007
32 Km	2:05:42	Colgate 32km, Johannesburg, South-Africa	2006

PERSONAL PERFORMANCES 2007

Dischem 21km, Johannesburg, 1st, time: 76:58
 Old Mutual Freedom 15km, Johannesburg, 1st, time: 56:49
 Benoni Harriers 10km, 2nd, time: 37:04
 Spar Ladies 10km, Eastern Cape, 4th, time: 35:15
 Nedbank JHB City 10km, 8th, time: 38:34

PERSONAL PERFORMANCES 2008

Spar Ladies 10km, Pretoria, 1st, time: 35:47
 City-to-City 21km, Johannesburg, 2nd, time: 78:48
 Total Sport Ladies 10km, 1st, time: 36:49
 Spar Ladies 10km, Western Cape, 4th, time: 34:42
 Breakthru 15km, Midrand, 3rd, time: 62:27

PERSONAL PERFORMANCES 2009

Nedbank Durban 10km, 1st, time: 34:08
 Akasia 21km, 1st, time: 1:21:59
 Spar Ladies (EP) 10km, 3rd, time: 34:39
 Spar Ladies Durban 10km, 7th, time: 35:25
 Nedbank SA Champs 10km (Bol), 9th, time: 34:34
 Nedbank Limpopo 21km, 7th, time: 1:19:45
 City2City 21km, time: 1:22:07
 Spar Ladies (CGA) 10km, 3rd, time: 36:03



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