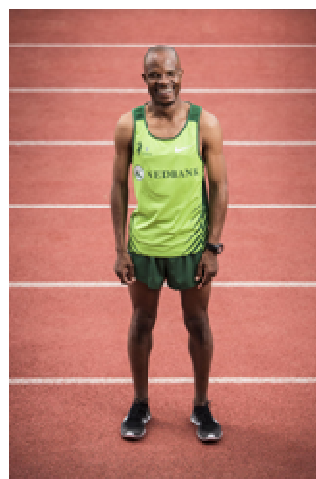


CURRICULUM VITAE: Ludwick MAMABOLO



PERSONAL INFORMATION

SURNAME: Mamabolo
FIRST NAMES: Ludwick
COUNTRY: R.S.A
DATE OF BIRTH: 14 April 1977
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Half Marathon 1:07:37
 Marathon 2:20:48
 50 km Road 2:49:55

Comrades Marathon Results

2010 Down, 05:35:29, 2nd
 2011 Up, 05:50:18, 7th
 2012 Down, 05:31:03, 1st
 2013 Up, 05:45:49, 4th
 2014 Down, 05:33:14, 2nd
 2016 Down, 05:24:05, 2nd
 2017 Up, 05:42:40, 4th

Two Oceans 56km Results

2004, 03:19:44, 21st
 2008, 03:18:02, 11th
 2009, 03:14:43, 7th
 2010, 03:20:52, 18th
 2011, 03:16:33, 18th
 2012, 03:22:48, 25th
 2016, 03:17:52, 6th
 2017, 03:21:42, 15th
 2018, 03:35:27, 45th

Annual Bests 2018

3rd Mall of The North (Iima) 42km 02:34:58
 5th Marula Festival (Iima) 21km 01:11:58

Annual Bests 2017

Om die Dam (RSA) 50km 2:56:51
 PetroSA 42km 2:28:26

