



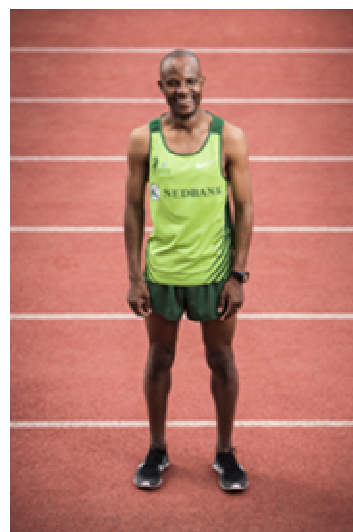
Nedbank Running Club - Administrative Head Office
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MAKE
THINGS
HAPPEN



NEDBANK

CURRICULUM VITAE: **Ludwick MAMABOLO**



PERSONAL INFORMATION

SURNAME: Mamabolo
FIRST NAMES: Ludwick
COUNTRY: R.S.A
DATE OF BIRTH: 14.04.1977
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

Half Marathon 1:07:37
 Marathon 2:20:48
 50km 2:57:28

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

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

Annual Bests 2016

Event	Result	Venue	Date
Marathon	2:25:25	Benoni (RSA)	31.01.2016
50km	3:01:48	Om die Dam (RSA)	12.03.2016



CURRICULUM VITAE: Sepitle Raymond Phaladi



PERSONAL INFORMATION

SURNAME: Phaladi
FIRST NAMES: Raymond
COUNTRY: R.S.A
DATE OF BIRTH: 04.04.1982
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

2015	Om Die Dam 50km	50km 3:11:07	7th
2014	Comrades Marathon - Down Run	89km 6:10:11	
2014	Om Die Dam 50km	50km 2:58:55	4th
2012	Two Oceans Marathon	56km 3:30:07	



CURRICULUM VITAE: **Charles Soza**



PERSONAL INFORMATION

SURNAME: Soza
FIRST NAMES: Charles
COUNTRY: Zimbabwe
DATE OF BIRTH: 1983
CLUB: Nedbank Running Club

Personal Bests

Event	Result	Venue	Date
10,000m	30:16.8h	Harare (ZIM)	03.07.2005
10 km Road	31:00	Pretoria (RSA)	21.05.2005
15 km Road	47:19	Emmen (NED)	12.05.2006
Half Marathon	1:03:52	Haarlem (NED)	28.09.2003
Marathon	2:18:49	Bulawayo (ZIM)	03.11.2013

