



CURRICULUM VITAE: Loyds Bosman

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Loyds Bosman
COUNTRY: R.S. A
DATE OF BIRTH: 25 February 1988
CLUB: Nedbank Running Club SWD
CONTACT: 060 470 1387

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Place</u>	<u>Date</u>
10km	29:11	Knysna (RSA)	2012
15km	46:47	Cape Town (RSA)	2013
Half Marathon	1:03:42	Port Elizabeth	2018
Marathon	2:29:00	Knysna (RSA)	2014
Marathon	2:22:55 *	Oudtshoorn (RSA)	2013



PERSONAL PERFORMANCES 2020

Cape Peninsula Half Marathon, Cape Town 1:05:25, 3rd

PERSONAL PERFORMANCES 2019

Outeniqua (swd) 21km 1:09:57, 1st
Cango (swd) 21km 1:08:37, 4th
Beaufort West Kanniedood (swd) 21km 1:07:28, 1st
27 For Freedom (wp) 27km 1:35:29, 3rd
Bay To Bay (wp) 30km 1:46:54, 11th

PERSONAL PERFORMANCES 2018

Meiringspoort Live Life (swd) 21km 1:09:11, 3rd
Sanlam Cape Town (wp) 42km 2:28:41
Run With The Stars (swd) 10km 32:07, 2nd
Schoemanshoek (swd) 21km 1:12:45, 2nd
Old Mutual Two Oceans (wp) 56km 3:38:40



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