



CURRICULUM VITAE: Ricardo Simthembile Swarts

PERSONAL DETAILS

FIRST NAME / SURNAME: Ricardo Simthembile Swarts
DATE OF BIRTH: 24 April 1992
CLUB: Nedbank Running Club
NATIONALITY: South Africa
CONTACT: 0604645241
EMAIL: nedbankct@gmail.com

PERSONAL BEST TIMES

DISTANCE:	TIME:
10km – Beaufort West Race (2017)	32:38
21km – Windpomp Race (2017)	66:01
42km – Beaufort West Marathon (2019)	02:30:02
42km – Redhill Marathon (2019)	02:30:00
42km – Peninsula Marathon (2020)	02:27:12
56km – Two Oceans Ultra (2019)	03:34:00

ACHIEVEMENTS:

2017 winner of Windpomp half marathon
2019 winner of Beaufort West Kannie Dood Marathon
2019 runners up STBB Redhill Marathon
2020 podium finisher (3rd) in Cape Peninsula Marathon

FUTURE GOALS:

One of my future goals is win the Om Die Dam 50km next year
Achieve a top 10 finish at Two Oceans Ultra Marathon in the future
To win Soweto marathon in 2022



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