



## CURRICULUM VITAE: **Malusi Dlomo**

### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Malusi Dlomo  
**COUNTRY:** R.S.A  
**CLUB:** Nedbank Running Club  
**D.O.B:** 8 February 1986  
**NATIONALITY:** South African  
**CONTACT / TWITTER:** 076 574 1923 / @Malusidlomo

### PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
50km	2:55:46	Port Elizabeth	2022
Comrades	5:58:06	Durban	2016

### Personal Performances 2022

Nedbank Runified 50km, 2:55:46

### Personal Performances 2021

Nedbank Runified 50km, 2:57:25

### Personal Performances 2019

Comrades Marathon - Up Run (RSA) 87km 6:30:03  
Loskop Ultra Marathon 50km (RSA) 50km 2:57:18, 6<sup>th</sup>  
Chamberlain Capital Classic (agn) 21km 1:12:30, 4<sup>th</sup>  
Clicks Smu (agn) 21km 1:09:34, 3<sup>rd</sup>  
Afriforum Springbok Vasbyt (agn) 25km 1:37:26, 4<sup>th</sup>  
Cango (swd) 42km 2:23:52, 1<sup>st</sup>  
Bronkhorstspuit (agn) 32km 1:53:57, 4<sup>th</sup>

### Personal Performances 2018

Comrades Marathon - Down Run (RSA) 90km 6:10:03  
Two Oceans Marathon (RSA) 56km 3:32:35  
Mall of The North (lima) 42km 2:35:12, 4<sup>th</sup>

### Personal Performances 2017

Comrades Marathon - Up Run (RSA) 87km 6:20:21



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**Personal Performances 2016**

Comrades Marathon - Down Run (RSA) 89km 5:58:06, 21<sup>st</sup>

**Personal Performances 2014**

Comrades Marathon - Down Run (RSA) 89km 6:14:42

Chatsworth Freedom Ultramarathon 52 km (RSA) 52km 3:18:12, 5<sup>th</sup>

**Personal Performances 2013**

Comrades Marathon - Up Run (RSA) 87km 6:25:49

Chatsworth Freedom Ultramarathon 52 km (RSA) 52km 3:21:20, 2<sup>nd</sup>



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