



CURRICULUM VITAE: Ludwick Mamabolo

PERSONAL DETAILS

FIRST NAME / SURNAME: Ludwick Mamabolo
DATE OF BIRTH: 14 April 1977
CLUB: Nedbank Running Club
NATIONALITY: South African
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TWITTER: @ludwickmamabolo
ISTAGRAM: #mamabolomodibe



PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>
Half Marathon	1:07:37
Marathon	2:20:48
50 km Road	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
 2016 Down, 05:24:05, 2nd
 2017 Up, 05:42:40, 4th
 2022 Down, 05:52:50, 14th

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

Bests Performance 2022

Kaapsehoop Marathon, RSA, 2:30:11, 3rd

Bests Performance 2021

Nelson Mandela Bay Half Marathon, Port Elizabeth 1:09:21
 Sanlam Cape Town Marathon, Cape Town 2:23:34

Bests Performance 2019

Mall of The North (Ilima) 42km, 2:41:49



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Bests Performance 2018

3rd Mall of The North (lima) 42km 2:34:58

5th Marula Festival (lima) 21km 1:11:58

Bests Performance 2017

Om die Dam (RSA) 50km 2:56:51

PetroSA 42km 2:28:26



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