CURRICULUM VITAE: **Eric Ngubane**

##

## PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Eric Ngubane

**COUNTRY:** R.S.A

**CLUB:** Nedbank Running Club

**D.O.B:** 1 January 1982

**NATIONALITY:** South African

 **CONTACT / TWITTER:** 073 099 3894 /

## **PERSONAL BEST PERFORMANCES**

**Distance Time Race Date**

Marathon 2:27:04 Hillcrest (RSA) 2010

**Personal Performances 2019**

 The Icon's Journey 100km 8:03:21, 2nd

 Karkloof 50 Mile Endurance Foot Race (RSA) 6:58:13, 1st

 **Personal Performances 2018**

Hibiscus Coast Challenge 48km 2:59:23, 4th

 Lesotho Ultra Trail (LES) 50km 5:38:02, 1st

 **Personal Performances 2017**

 Mthatha Marathon 2:35:00

 Township2Township Marathon 2:33:00

**Comrades**

 **Year Time Position**

2017 Up 06:09:27 30

2016 Down 06:00:44 27

 2014 Down 06:18:13 54

2013 Up 06:37:12 57

2012 Down 05:50:29 23

2011 Up 06:19:11 42

2010 Down 06:01:58 24

2009 Down 05:58:01 19

2008 Up 06:13:51 26

**Trail Running**

2012 Three Cranes 100km stage race, 1st

2013 Three Cranes 100km stage race, 1st

2014 Three Cranes 100km Stage race, 1st

2014 Ultra Trail Cape Town 100km, Time: 10:41:15, 1st

2015 Mount Moodie Ultra Trail 80km, Time: 9:19:43, 2nd

2015 Two Oceans Trail Run 22km, Time: 1:52:40, 2nd

2016 Two Oceans Trail Run 22km, Time: 1:53:06, 1st

2017 Golden Gate Trail Run 3-day Stage race 1st (New Record)