

CURRICULUM VITAE: Lungile GONGQA



PERSONAL INFORMATION

SURNAME: Gongqa
FIRST NAMES: Lungile
COUNTRY: South-African
DATE OF BIRTH: 22/02/1979
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

<u>Distance</u>	<u>Time</u>	<u>Area</u>	<u>Date</u>
5000m	14:12.47	Durban (RSA)	21.03.2010
10,000m	30:10.31	Stellenbosch (RSA)	13.03.2009
10 km Road	29:09	Mdantsane (RSA)	01.09.2013
12 km Road	35:39	Cape Town (RSA)	17.05.2015
15 km Road	45:20	Cape Town (RSA)	09.03.2013
Half Marathon	1:03:57	Port Elizabeth (RSA)	30.07.2016
Marathon	2:11:59	Cape Town (RSA)	20.09.2015

Best Performances 2017

<u>Event</u>	<u>Result</u>	<u>Venue</u>
10 km Road	30:46	Rondebosch (RSA)
12 km Road	36:55	Cape Town (RSA)
Half Marathon	1:05:05	Port Elizabeth (RSA)
Marathon	2:18:52	Mumbai (IND)
Two Oceans Marathon	3:09:38 (1 st)	Cape Town (RSA)



Best Performances 2015

Event	Result	Venue	Date
10 km Road	29:15	Kuils River (RSA)	05.09.2015
12 km Road	35:39	Cape Town (RSA)	17.05.2015
15 km Road	47:53	Durbanville (RSA)	21.01.2015
Half Marathon	1:04:17	Port Elizabeth (RSA)	25.07.2015
Marathon	2:11:59	Cape Town (RSA)	20.09.2015

