CURRICULUM VITAE: **Lungile Gongqa**

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**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Lungile Gongqa

**DATE OF BIRTH:** 22 February 1979

**CLUB:** Nedbank Running Club

**NATIONALITY:** South African

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**PERSONAL BEST PERFORMANCES**

**Distance Time Area Date**

10 km Road 29:09 Mdantsane (RSA) 2013

12 km Road 35:39 Cape Town (RSA) 2015

15 km Road 45:20 Cape Town (RSA) 2013

Half Marathon 1:03:57 Port Elizabeth (RSA) 2016

Marathon 2:11:59 Cape Town (RSA) 2015

56km 3:09:38 Cape Town (RSA) 2017

**Best Performances 2019**

Top Form 10km, Cape Town 30:54, 1st

Nelson Mandela Bay Half Marathon, Port Elizabeth 1:05:55

Peninsula Marathon, Simon's Town 2:27:23, 2nd

56km Two Oceans (wp) 3:18:53, 8th

IAU 50km World Championships, 2:48:26, 2nd

**Best Performances 2018**

Marathon Cape Peninsula (wp) 02:21:58, 1st

21km Sasolburg (fs) 01:11:51, 5th

21km East London 01:06:03

56km Two Oceans (wp) 3:22:54, 19th

Cape Town Marathon 02:21:42

**Best Performances 2017**

10km Rondebosch (RSA) 30:46

12km Cape Town (RSA) 36:55

21km Port Elizabeth (RSA) 1:05:05

Marathon Mumbai (IND) 2:18:52

56km Two Oceans Cape Town (RSA) 3:09:38, 1st