



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 / @NgubaneEric



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

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)
- 2018 Lesotho Ultra Trail (LES) 50km 5:38:02, 1st
- 2019 Karkloof 100 - 50 Mile Endurance Foot Race (RSA) 6:58:13, 1st



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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



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