**Profile of Lungile Gongqa**

**Date of Birth :** 22/02/1979

**Club:** Phantanne Athletic Club



**Most recent performances**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Year** | **Event** | **Distance** | **Time** | **Position** |
| 2019 | IAU World 50km ( Romania) | 50km | 2:48:26 | 2 nd |
| 2019 | Two Oceans Marathon (SA) | 56km | 3:18:53 | 8 th |
| 2019 | Mandela Marathon | 42.2km | 2:31:30 | 11 th |
| 2019 | South Coast Marathon | 42.2km |  | 1 st |
| 2018 | Heroes Marathon | 42.2km | 2:22:50 | 1 st |