



CURRICULUM VITAE: Lungile Gongqa

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
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
50km	2:48:26	Brasov (ROM)	2019
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



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