



**South Coast  
Ultra Marathon  
2019**



**South Coast Striders  
Athletics Club**

## ***Congratulations***

**Lwazi NHLANGULELA**

***on completing the***

***South Coast Ultra Marathon***

**48km**

***In a FinishTime of***

**04:08:57**

***Gender Pos***

**43**

***Cat Pos***

**7**

***Overall Pos***

**44**

