



**South Coast  
Ultra Marathon  
2019**



**South Coast Striders  
Athletics Club**

## ***Congratulations***

**Themba MBUKUSHE  
on completing the**

***South Coast Ultra Marathon***

**48km**

***In a FinishTime of***

**04:13:23**

***Gender Pos***

**45**

***Cat Pos***

**33**

***Overall Pos***

**47**

