

CERTIFICATE OF PARTICIPATION

This is to certify that

Noko Lamola

Has successfully participated & completed the
48km SA Run 4 Cancer Ultra Marathon 2019
held at Polokwane Rugby Fields.

TIME 04:22:15

PACE 05:27/km

GENDER 105 of 366

OVERALL 116 of 421

SENIOR (20-39) 66 of 182



26 October 2019, Sat

Date

BoutTime

Signature

