

CERTIFICATE OF PARTICIPATION

This is to certify that

**Mpake Helman
Mmushi**

Has successfully participated & completed the

48km SA Run 4 Cancer Ultra Marathon 2019

held at Polokwane Rugby Fields.

TIME 04:05:38

PACE 05:06/km

OVERALL 81 of 421

GENDER 71 of 366

**SENIOR (20- 49 of 182
39)**

26 October 2019, Sat

Date



BoutTime

Signature

