

## **CERTIFICATE**

## OF PARTICIPATION

This is to certify that

## Paul Mphela

Has successfully participated & completed the

32km SA Run 4 Cancer Ultra Marathon 2019

held at Polokwane Rugby Fields.

**TIME** 03:55:13

**PACE** 07:21/km

**OVERALL** 276 of 438

26 October 2019, Sat

**Date** 

**GENDER** 225 of

303

**40+** 79 of 105