

CERTIFICATE

OF PARTICIPATION

This is to certify that

Controlself Silinda

Has successfully participated & completed the

32km SA Run 4 Cancer Ultra Marathon 2019

held at Polokwane Rugby Fields.

TIME 02:02:21

PACE 03:48/km

OVERALL 17 of 438

GENDER 17 of 303

40+ 5 of 105

26 October 2019, Sat

Date



BoutTime