

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Elijah Ndou**

Has successfully participated & completed the

**42.2km Volksrust Marathon**

held at Volksrust High School.

**OFFICIAL TIME 05:00:44**

**Mat-To-Mat Time 05:00:48**

**PACE 07:09/km**

**GENDER 97 of 132**

**OVERALL 108 of 168**

**50+ 22 of 34**



22 November 2025, Sat

Date

Signature

