

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Elmar Gouws**

Has successfully participated & completed the

**5km Volksrust Marathon**

held at Volksrust High School.

**OFFICIAL TIME 00:53:54**

**Mat-To-Mat Time 00:52:03**

**PACE 10:45/km**

**OVERALL 38 of 80**

**GENDER 17 of 36**

**40+ 2 of 5**



22 November 2025, Sat

Date

Signature

