

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Frederika Rossouw**

Has successfully participated & completed the

**32km Volksrust Marathon**

held at Volksrust High School.

**OFFICIAL TIME 02:38:48**

**Mat-To-Mat Time 02:38:57**

**PACE 04:57/km**

**OVERALL 11 of 126**

**GENDER 2 of 48**

**40+ 1 of 25**



22 November 2025, Sat

Date

Signature

