

# CERTIFICATE OF PARTICIPATION

This is to certify that

Goodman Lawrence  
Sibongiseni Mtshali

Has successfully participated & completed the

**42.2km Volksrust Marathon**

held at Volksrust High School.

**OFFICIAL TIME 03:33:11**

**Mat-To-Mat Time 03:33:18**

**PACE 05:03/km**

**OVERALL 12 of 168**

**GENDER 12 of 132**

**40+ 3 of 49**



22 November 2025, Sat

Date

Signature

