

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Nolizwe Tenza**

Has successfully participated & completed the

**10km Volksrust Marathon**

held at Volksrust High School.

**OFFICIAL TIME 01:14:03**

**Mat-To-Mat Time 01:13:34**

**PACE 07:24/km**

**GENDER 32 of 145**

**OVERALL 62 of 206**

**SENIOR (20- 14 of 65  
39)**



22 November 2025, Sat

Date

Signature



*BoutTime*