

CERTIFICATE OF PARTICIPATION

This is to certify that

Promise Mthembu

Has successfully participated & completed the

32km Volksrust Marathon

held at Volksrust High School.

OFFICIAL TIME 05:08:49

Mat-To-Mat Time 05:06:15

PACE 09:39/km

GENDER 41 of 48

OVERALL 111 of 126

**SENIOR (20- 13 of 16
39)**



22 November 2025, Sat

Date

Signature



BoutTime