

CERTIFICATE

OF PARTICIPATION

This is to certify that

Sandisiwe Manentsa



10km Volksrust Marathon

held at Volksrust High School.

OFFICIAL TIME 01:38:30

Mat-To-Mat Time 01:37:51

PACE 09:51/km

GENDER 107 of

145

OVERALL 160 of 206

SENIOR (20- 53 of 65

39)



Date

Signature Bout Lime