

CERTIFICATE OF PARTICIPATION

This is to certify that

Sbongile Baantjies

Has successfully participated & completed the

32km Volksrust Marathon

held at Volksrust High School.

OFFICIAL TIME 04:28:04

Mat-To-Mat Time 04:15:14

PACE 08:21/km

GENDER 36 of 48

OVERALL 105 of 126

40+ 18 of 25



22 November 2025, Sat

Date

Signature

