

# CERTIFICATE OF PARTICIPATION

This is to certify that

Sphamandla  
Mdakane

Has successfully participated & completed the

**32km Volksrust Marathon**

held at Volksrust High School.

**OFFICIAL TIME 03:14:44**

**Mat-To-Mat Time 03:14:02**

**PACE 06:04/km**

**GENDER 22 of 78**

**OVERALL 28 of 126**

**SENIOR (20- 15 of 27  
39)**



22 November 2025, Sat

Date

Signature



*BoutTime*