

CERTIFICATE OF PARTICIPATION

This is to certify that

Helman Mmushi

Has successfully participated & completed the

42km CDM 4-in-1 2019

held at Polokwane Rugby Fields.

TIME 03:37:16

PACE 05:09/km

OVERALL 64 of 440

GENDER 60 of 351

**SENIOR (20- 40 of 133
39)**

16 February 2019, Sat

Date



BoutTime

Signature

