

## **CERTIFICATE**

## OF PARTICIPATION

This is to certify that

## Mnabitsela Nelbonia

Has successfully participated & completed the

10km SA Run 4 Cancer Ultra Marathon 2019

held at Polokwane Rugby Fields.

**TIME** 01:24:36

**PACE** 08:27/km

**OVERALL** 415 of 765

26 October 2019, Sat **Date** 

**GENDER** 192 of

454

40+ 42 of 104