

## **CERTIFICATE**

## OF PARTICIPATION

This is to certify that

## Sylvia Kangongo

Has successfully participated & completed the

21km SA Run 4 Cancer Ultra Marathon 2019

held at Polokwane Rugby Fields.

**TIME** 03:41:46

**PACE** 10:33/km

**OVERALL** 666 of 766

26 October 2019, Sat **Date** 

**GENDER** 273 of

323

**40+** 93 of 105