

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Myiko Mhlongo**

Has successfully participated & completed the  
**10km SA Run 4 Cancer Ultra Marathon 2019**  
held at Polokwane Rugby Fields.

**TIME 01:22:20**

**PACE 08:13/km**

**GENDER 169 of 454**

**OVERALL 388 of 765**

**SENIOR (20- 91 of 244 39)**



26 October 2019, Sat

Date

*BoutTime*

Signature

