



COMRADES  
NUMBER

**THIS IS TO CERTIFY THAT**  
**Mark Seymour**

MEDALS

2

**HAS COMPLETED THE FOLLOWING EDITIONS OF**  
**THE COMRADES MARATHON**

YEAR	RACE NO.	POSITION	TIME	MEDAL
1989	6844	6638	10:10:56	Bronze
1987	6844	2971	09:15:14	Bronze



COMRADES MARATHON

21 April 2019

DATE

**THE ULTIMATE HUMAN RACE**