

CERTIFICATE OF PARTICIPATION

This is to certify that

Anda Mbambalala

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 04:08:58

Mat-To-Mat Time 04:08:58

PACE 05:54/km

GENDER 76 of 426

OVERALL 252 of 983

**SENIOR (20- 37 of 154
39)**



22 November 2025, Sat

Date

Signature



BoutTime