



CERTIFICATE

OF PARTICIPATION

This is to certify that

Lavona Allies

Has successfully participated & completed the

13km Black Hill Timbercity Red Hill Marathon

held at Fish Hoek Sports Field.

TIME 01:43:56

PACE 7.50km/h

OVERALL 291 of 623

25 January 2025, Sat

Date

GENDER 128 of

363

60+ 8 of 39