

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Mpho Ntshangase**

Has successfully participated & completed the

**42.2km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 04:51:24**

**Mat-To-Mat Time 04:51:24**

**PACE 06:55/km**

**GENDER 218 of  
426**

**OVERALL 553 of 983**

**SENIOR (20- 87 of 154  
39)**



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Date

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Signature

*BoutTime*