

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Mtheza Mbongowyq**

Has successfully participated & completed the

**21.1km 22nd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**TIME 01:29:12**

**PACE 04:13/km**

**GENDER 12 of 205**

**OVERALL 14 of 482**

**SENIOR (20- 8 of 84  
39)**

23 November 2024, Sat

Date



*BoutTime*

Signature

