

# CERTIFICATE OF PARTICIPATION

This is to certify that

Ngwanathole Nong

Has successfully participated & completed the

**42.2km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 04:30:39**

**Mat-To-Mat Time 04:30:39**

**PACE 06:25/km**

**GENDER 142 of 426**

**OVERALL 396 of 983**

**40+ 53 of 159**



22 November 2025, Sat

Date

Signature

*BoutTime*