

CERTIFICATE OF PARTICIPATION

This is to certify that

**Ntomboxolo
Nontshinga -
Mensah**

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 04:53:13

Mat-To-Mat Time 04:53:13

PACE 06:57/km

**GENDER 235 of
426**

OVERALL 577 of 983

40+ 88 of 159



22 November 2025, Sat

Date

Signature



BoutTime