

CERTIFICATE OF PARTICIPATION

This is to certify that

Osmond Ngcizela

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 03:37:59

Mat-To-Mat Time 03:37:59

PACE 05:10/km

GENDER 97 of 557

OVERALL 128 of 983

40+ 31 of 185



22 November 2025, Sat

Date

Signature

