

CERTIFICATE

OF PARTICIPATION

This is to certify that

Richard Bhekumuzi Mtshali

Has successfully participated & completed the

42.2km 23rd Vlakte Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 04:50:19

Mat-To-Mat Time 04:50:19

PACE 06:54/km

OVERALL 543 of 98

GENDER 331 of

557

50+ 75 of 130

22 November 2025, Sat-

Date

BoutTime