

CERTIFICATE

OF PARTICIPATION

This is to certify that

Sizwe Solani

Has successfully participated & completed the

42.2km 23rd Vlakte Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 03:54:21

Mat-To-Mat Time 03:54:21

PACE 05:33/km

OVERALL 185 of 98

GENDER 136 of

557

40+ 41 of 185

22 November 2025, Sat-

BoutTime