

CERTIFICATE OF PARTICIPATION

This is to certify that

Themba lethu Mona

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 03:23:43

Mat-To-Mat Time 03:23:43

PACE 04:51/km

OVERALL 77 of 983

GENDER 64 of 557

40+ 17 of 185



22 November 2025, Sat

Date

Signature

