

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Ainsly Abrahams**

Has successfully participated & completed the

**42.2km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 04:11:00**

**Mat-To-Mat Time 04:11:00**

**PACE 05:57/km**

**GENDER 179 of  
557**

**OVERALL 257 of 983**

**40+ 54 of 185**



22 November 2025, Sat

Date

Signature

*BoutTime*