

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Arshad Abrahams**

Has successfully participated & completed the

**42.2km 23rd Vlakte Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 03:54:57**

**Mat-To-Mat Time 03:54:57**

**PACE 05:34/km**

**GENDER 141 of  
557**

**OVERALL 194 of 983**

**40+ 43 of 185**



22 November 2025, Sat

Date

Signature



*BoutTime*