

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Bernado Fredericks**

Has successfully participated & completed the

**42.2km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 02:35:59**

**Mat-To-Mat Time 02:35:59**

**PACE 03:42/km**

**GENDER 4 of 557**

**OVERALL 4 of 983**

**SENIOR (20- 3 of 189  
39)**



22 November 2025, Sat

Date

Signature



*BoutTime*