

CERTIFICATE OF PARTICIPATION

This is to certify that

Cabous Harmse

Has successfully participated & completed the

10km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 00:55:16

Mat-To-Mat Time 00:55:16

PACE 05:30/km

GENDER 48 of 243

OVERALL 63 of 628

**SENIOR (20- 23 of 91
39)**



22 November 2025, Sat

Date

Signature



BoutTime