

CERTIFICATE

OF PARTICIPATION

This is to certify that

Christopher Guedes



42.2km 23rd Vlakte Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 04:14:29

Mat-To-Mat Time 04:14:29

PACE 06:03/km

GENDER 196 of

557

OVERALL 286 of 983

SENIOR (20- 90 of 189

39)



Date

Signature Bout Lime