

CERTIFICATE OF PARTICIPATION

This is to certify that

Fred Jaftha

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 03:18:03

Mat-To-Mat Time 03:18:03

PACE 04:42/km

OVERALL 60 of 983

GENDER 51 of 557

40+ 14 of 185



22 November 2025, Sat

Date

Signature

