

# CERTIFICATE OF PARTICIPATION

This is to certify that

## Freddie La Grange

Has successfully participated & completed the

**42.2km 22nd Vlakte Marathon**

held at Heidelberg High School Sports Ground.

**TIME 04:36:11**

**PACE 06:33/km**

**GENDER 122 of  
215**

**OVERALL 196 of 373**

**60+ 8 of 20**

23 November 2024, Sat

Date



*BoutTime*

Signature

