

CERTIFICATE OF PARTICIPATION

This is to certify that

Freddy Tshauke

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 03:17:52

Mat-To-Mat Time 03:17:52

PACE 04:42/km

GENDER 50 of 557

OVERALL 59 of 983

**SENIOR (20- 30 of 189
39)**



22 November 2025, Sat

Date

Signature



BoutTime