

CERTIFICATE OF PARTICIPATION

This is to certify that

Lewies Fredericks

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 04:20:22

Mat-To-Mat Time 04:20:22

PACE 06:10/km

**GENDER 215 of
557**

OVERALL 328 of 983

60+ 12 of 47



22 November 2025, Sat

Date

Signature



BoutTime