

# CERTIFICATE OF PARTICIPATION

This is to certify that

Raymond Strydom

Has successfully participated & completed the

**21.1km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 02:02:50**

**Mat-To-Mat Time 02:02:50**

**PACE 05:49/km**

**OVERALL 189 of 678**

**GENDER 116 of 294**

**40+ 25 of 51**



22 November 2025, Sat

Date

Signature

