

## **CERTIFICATE**

## OF PARTICIPATION

This is to certify that

## Sammy Ruka

Has successfully participated & completed the

42.2km 23rd Vlakte Marathon

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME** 04:35:37

**Mat-To-Mat Time** 04:35:37

**PACE** 06:33/km

**OVERALL** 421 of 98

**GENDER** 270 of

557

**40+** 81 of 185

22 November 2025, Sat

BoutTime