

CERTIFICATE OF PARTICIPATION

This is to certify that

Tenike Blunden

Has successfully participated & completed the

10km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 00:48:31

Mat-To-Mat Time 00:48:31

PACE 04:51/km

GENDER 5 of 385

OVERALL 24 of 628

**SENIOR (20- 2 of 157
39)**



22 November 2025, Sat

Date

Signature



BoutTime