

CERTIFICATE OF PARTICIPATION

This is to certify that

Adele De Jager

Has successfully participated & completed the

10km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 01:23:49

Mat-To-Mat Time 01:23:49

PACE 08:21/km

GENDER 205 of 385

OVERALL 361 of 628

40+ 38 of 73



22 November 2025, Sat

Date

Signature



BoutTime