

CERTIFICATE OF PARTICIPATION

This is to certify that

Alida Gous

Has successfully participated & completed the

21.1km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 02:10:22

Mat-To-Mat Time 02:10:22

PACE 06:12/km

GENDER 117 of 384

OVERALL 260 of 678

40+ 31 of 87

22 November 2025, Sat

Date



Signature

