

CERTIFICATE

OF PARTICIPATION

This is to certify that

Annalize Vries



10km 23rd Vlakte Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 01:20:47

Mat-To-Mat Time 01:20:47

PACE 08:03/km

GENDER 181 of

385

OVERALL 325 of 628

SENIOR (20- 81 of 157

39)



Date

Signature Bout Lime