

CERTIFICATE OF PARTICIPATION

This is to certify that

Carike De Haan

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 03:35:49

Mat-To-Mat Time 03:35:49

PACE 05:07/km

OVERALL 122 of 983

GENDER 28 of 426

40+ 5 of 159

22 November 2025, Sat

Date



Signature

