

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Elizma Gous**

Has successfully participated & completed the

**10km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 01:05:36**

**Mat-To-Mat Time 01:05:36**

**PACE 06:33/km**

**GENDER 82 of 385**

**OVERALL 178 of 628**

**40+ 12 of 73**



22 November 2025, Sat

Date

Signature

