

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Glynis Swart**

Has successfully participated & completed the

**10km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 01:34:40**

**Mat-To-Mat Time 01:34:40**

**PACE 09:27/km**

**GENDER 270 of 385**

**OVERALL 453 of 628**

**60+ 34 of 42**



22 November 2025, Sat

Date

Signature



*BoutTime*