

CERTIFICATE

OF PARTICIPATION

This is to certify that

**Helana Janse Van
Rensburg**

Has successfully participated & completed the

21.1km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 01:50:50

Mat-To-Mat Time 01:50:50

PACE 05:15/km

GENDER 32 of 384

OVERALL 105 of 678

40+ 6 of 87

22 November 2025, Sat

Date



Signature

