

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Helen Rogers**

Has successfully participated & completed the

**42.2km 23rd Vlakte Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 05:22:19**

**Mat-To-Mat Time 05:22:19**

**PACE 07:39/km**

**GENDER 295 of  
426**

**OVERALL 705 of 983**

**40+ 115 of 159**



22 November 2025, Sat

Date

Signature



*BoutTime*