

CERTIFICATE OF PARTICIPATION

This is to certify that

**Helena Van
Schalkwyk**

Has successfully participated & completed the

10km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 01:05:48

Mat-To-Mat Time 01:05:48

PACE 06:33/km

GENDER 85 of 385

OVERALL 181 of 628

**JUNIOR (15- 14 of 29
19)**



22 November 2025, Sat

Date

Signature



BoutTime