

CERTIFICATE OF PARTICIPATION

This is to certify that

Helene Vlok

Has successfully participated & completed the

10km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 01:41:52

Mat-To-Mat Time 01:41:52

PACE 10:10/km

GENDER 308 of 385

OVERALL 508 of 628

SENIOR (20-39) 121 of 157



Date

Signature

BoutTime