

CERTIFICATE OF PARTICIPATION

This is to certify that

Ilze Nieuwoudt

Has successfully participated & completed the

10km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 01:35:26

Mat-To-Mat Time 01:35:26

PACE 09:31/km

GENDER 274 of 385

OVERALL 460 of 628

40+ 48 of 73



22 November 2025, Sat

Date

Signature



BoutTime