

CERTIFICATE OF PARTICIPATION

This is to certify that

Iona Du Plessis

Has successfully participated & completed the

10km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 01:17:38

Mat-To-Mat Time 01:17:38

PACE 07:45/km

GENDER 163 of 385

OVERALL 300 of 628

50+ 21 of 72



22 November 2025, Sat

Date

Signature



BoutTime