

CERTIFICATE OF PARTICIPATION

This is to certify that

Jacques Rood

Has successfully participated & completed the

21.1km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 01:48:31

Mat-To-Mat Time 01:48:31

PACE 05:09/km

GENDER 68 of 294

OVERALL 91 of 678

**SENIOR (20- 35 of 122
39)**



22 November 2025, Sat

Date

Signature



BoutTime