

CERTIFICATE OF PARTICIPATION

This is to certify that

Jan Heyns

Has successfully participated & completed the

21.1km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 01:38:10

Mat-To-Mat Time 01:38:10

PACE 04:39/km

GENDER 31 of 294

OVERALL 36 of 678

**SENIOR (20- 18 of 122
39)**



22 November 2025, Sat

Date

Signature



BoutTime