

CERTIFICATE OF PARTICIPATION

This is to certify that

John De Plessis

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 04:34:07

Mat-To-Mat Time 04:34:07

PACE 06:30/km

GENDER 265 of 557

OVERALL 412 of 983

50+ 59 of 130



22 November 2025, Sat

Date

Signature



BoutTime