

CERTIFICATE OF PARTICIPATION

This is to certify that

John Van Onselen

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 04:49:00

Mat-To-Mat Time 04:49:00

PACE 06:51/km

**GENDER 325 of
557**

OVERALL 532 of 983

60+ 27 of 47



22 November 2025, Sat

Date

Signature



BoutTime