

CERTIFICATE OF PARTICIPATION

This is to certify that

Karin Van Staden

Has successfully participated & completed the

10km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 00:58:36

Mat-To-Mat Time 00:58:36

PACE 05:51/km

OVERALL 99 of 628

GENDER 31 of 385

50+ 5 of 72



22 November 2025, Sat

Date

Signature

