

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Liza Van Zyl**

Has successfully participated & completed the

**21.1km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 02:06:18**

**Mat-To-Mat Time 02:06:18**

**PACE 06:00/km**

**GENDER 98 of 384**

**OVERALL 232 of 678**

**SENIOR (20- 54 of 188  
39)**



22 November 2025, Sat

Date

Signature



*BoutTime*