

CERTIFICATE OF PARTICIPATION

This is to certify that

Lize Van Heerden

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 04:47:43

Mat-To-Mat Time 04:47:43

PACE 06:51/km

**GENDER 205 of
426**

OVERALL 526 of 983

40+ 78 of 159



22 November 2025, Sat

Date

Signature



BoutTime