

CERTIFICATE OF PARTICIPATION

This is to certify that

Lizel Oldewage

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 03:22:07

Mat-To-Mat Time 03:22:07

PACE 04:48/km

GENDER 11 of 426

OVERALL 72 of 983

**SENIOR (20- 9 of 154
39)**



22 November 2025, Sat

Date

Signature



BoutTime