

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Lizzy Franken**

Has successfully participated & completed the

**21.1km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 01:43:15**

**Mat-To-Mat Time 01:43:15**

**PACE 04:54/km**

**GENDER 13 of 384**

**OVERALL 64 of 678**

**JUNIOR (15- 1 of 8  
19)**



22 November 2025, Sat

Date

Signature



*BoutTime*