

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Matthys Heyns**

Has successfully participated & completed the

**42.2km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 03:48:21**

**Mat-To-Mat Time 03:48:21**

**PACE 05:25/km**

**GENDER 120 of  
557**

**OVERALL 157 of 983**

**50+ 23 of 130**



22 November 2025, Sat

Date

Signature



*BoutTime*