

CERTIFICATE OF PARTICIPATION

This is to certify that

Meliska Du Plessis

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 03:54:04

Mat-To-Mat Time 03:54:04

PACE 05:33/km

GENDER 48 of 426

OVERALL 183 of 983

**SENIOR (20- 27 of 154
39)**



22 November 2025, Sat

Date

Signature



BoutTime