

CERTIFICATE OF PARTICIPATION

This is to certify that

Nicole De Waal

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 03:31:11

Mat-To-Mat Time 03:31:11

PACE 05:00/km

GENDER 19 of 426

OVERALL 105 of 983

**SENIOR (20- 16 of 154
39)**



22 November 2025, Sat

Date

Signature



BoutTime