

CERTIFICATE OF PARTICIPATION

This is to certify that

Nola De Jongh

Has successfully participated & completed the

21.1km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 02:02:42

Mat-To-Mat Time 02:02:42

PACE 05:49/km

GENDER 70 of 384

OVERALL 185 of 678

**SENIOR (20- 37 of 188
39)**



22 November 2025, Sat

Date

Signature



BoutTime