

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Ralph Adams**

Has successfully participated & completed the

**42.2km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 04:36:00**

**Mat-To-Mat Time 04:36:00**

**PACE 06:33/km**

**GENDER 271 of  
557**

**OVERALL 423 of 983**

**60+ 19 of 47**



22 November 2025, Sat

Date

Signature



*BoutTime*