

CERTIFICATE OF PARTICIPATION

This is to certify that

Retha Sequeira

Has successfully participated & completed the

21.1km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 02:10:30

Mat-To-Mat Time 02:10:30

PACE 06:12/km

GENDER 119 of 384

OVERALL 262 of 678

**SENIOR (20- 63 of 188
39)**



22 November 2025, Sat

Date

Signature



BoutTime