

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Riaan De Ridder**

Has successfully participated & completed the

**42.2km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 04:25:06**

**Mat-To-Mat Time 04:25:06**

**PACE 06:18/km**

**GENDER 230 of  
557**

**OVERALL 353 of 983**

**40+ 70 of 185**



22 November 2025, Sat

Date

Signature



*BoutTime*