

CERTIFICATE OF PARTICIPATION

This is to certify that

Ruan Van Jaarsveld

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 03:26:56

Mat-To-Mat Time 03:26:56

PACE 04:54/km

GENDER 71 of 557

OVERALL 85 of 983

**SENIOR (20- 38 of 189
39)**



22 November 2025, Sat

Date

Signature



BoutTime