

CERTIFICATE OF PARTICIPATION

This is to certify that

Shaun Abels

Has successfully participated & completed the

42.2km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 02:52:20

Mat-To-Mat Time 02:52:20

PACE 04:06/km

OVERALL 18 of 983

GENDER 17 of 557

40+ 6 of 185



22 November 2025, Sat

Date

Signature

