

CERTIFICATE OF PARTICIPATION

This is to certify that

Shelsley Van Zijl

Has successfully participated & completed the

21.1km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 02:05:33

Mat-To-Mat Time 02:05:33

PACE 05:57/km

OVERALL 222 of 678

GENDER 90 of 384

60+ 7 of 38

22 November 2025, Sat

Date



Signature

