

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Teresa Van Heerden**

Has successfully participated & completed the

**21.1km 23rd Vlake Marathon**

held at Heidelberg High School Sports Ground.

**OFFICIAL TIME 02:12:53**

**Mat-To-Mat Time 02:12:53**

**PACE 06:18/km**

**GENDER 126 of 384**

**OVERALL 278 of 678**

**40+ 34 of 87**



22 November 2025, Sat

Date

Signature

*BoutTime*