

CERTIFICATE OF PARTICIPATION

This is to certify that

Theo Ernst Van Zyl

Has successfully participated & completed the

21.1km 23rd Vlake Marathon

held at Heidelberg High School Sports Ground.

OFFICIAL TIME 02:00:05

Mat-To-Mat Time 02:00:05

PACE 05:42/km

GENDER 103 of 294

OVERALL 158 of 678

40+ 22 of 51



22 November 2025, Sat

Date

Signature



BoutTime