



CERTIFICATE OF PARTICIPATION

This is to certify that

Allen De Lange

Has successfully participated & completed the

4.5km Trail Run Plasie Trail Run

held at Merensky High School.

TIME 00:23:00

PACE 04:36/km

OVERALL 17 of 355

GENDER 10 of 117

14 - 19 3 of 45

19 September 2026, Sat

Date



BoutTime

Signature