

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Arlo Van Heerden**

Has successfully participated & completed the

**42km Misty Ridge Trail Run**

held at Potato Seed Production (Farm Sterkspruit, Lydenburg.)

**TIME 05:54:53**

**PACE 08:25/km**

**GENDER 4 of 13**

**OVERALL 4 of 16**

**OPEN 3 of 7**

07 March 2026, Sat

Date



*BoutTime*

Signature

