



CERTIFICATE OF PARTICIPATION

This is to certify that

CARINA PRINSLOO

Has successfully participated & completed the

4.5km Trail Run Plasie Trail Run

held at Merensky High School.

TIME 00:55:39

PACE 11:06/km

**GENDER 165 of
238**

OVERALL 246 of 355

50 - 59 7 of 16

19 September 2026, Sat

Date



BoutTime

Signature