



CERTIFICATE OF PARTICIPATION

This is to certify that

Cara Van Zyl

Has successfully participated & completed the

4.5km Trail Run Plasie Trail Run

held at Merensky High School.

TIME 00:32:25

PACE 06:28/km

GENDER 36 of 238

OVERALL 78 of 355

< 13 5 of 21

19 September 2026, Sat

Date



BoutTime

Signature