

CERTIFICATE OF PARTICIPATION

This is to certify that

Frieda Human

Has successfully participated & completed the

9km Trail Run Plasie Trail Run

held at Merensky High School.

TIME 00:55:42

PACE 06:10/km

OVERALL 35 of 144

GENDER 14 of 95

40 - 49 6 of 23

19 September 2026, Sat

Date



BoutTime

Signature

