

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Frik Henning**

Has successfully participated & completed the  
**23km Trail Run Glen Aggy Trail Run 2025**

held at Plaas Glen Aggy.

**TIME 04:00:03**

**PACE 10:25/km**  
**OVERALL 67 of 80**

**GENDER 41 of 48**  
**OPEN 17 of 21**

04 October 2025, Sat

Date



*BoutTime*

Signature

