



# CERTIFICATE OF PARTICIPATION

This is to certify that

**Lanese Fox**

Has successfully participated & completed the

**4.5km Trail Run Plasie Trail Run**

held at Merensky High School.

**TIME 00:45:08**

**PACE 09:00/km**

**GENDER 102 of  
238**

**OVERALL 168 of 355**

**40 - 49 13 of 39**

19 September 2026, Sat

Date



*BoutTime*

Signature