

CERTIFICATE OF PARTICIPATION

This is to certify that

Lizèl De Waal

Has successfully participated & completed the

14km Trail Run Spekbos Josty Trail Run Challenge 2025

held at Lategansvlei Soccer Stadium, Oudtshoorn.

TIME 02:28:08

PACE 10:33/km

OVERALL 40 of 46

GENDER 26 of 28

40 - 49 6 of 7

22 November 2025, Sat

Date



BoutTime

Signature

