

CERTIFICATE OF PARTICIPATION

This is to certify that

Lizanda Du Plessis

Has successfully participated & completed the
10km Trail Run Around The Rock #2 Spice Route
held at Spice Route.

TIME 01:21:19

PACE 08:06/km
OVERALL 10 of 35

GENDER 6 of 19
OPEN 5 of 11

18 October 2025, Sat

Date



BoutTime

Signature

