



CERTIFICATE OF PARTICIPATION

This is to certify that

Lize-ann Van Zyl

Has successfully participated & completed the

4.5km Trail Run Plasie Trail Run

held at Merensky High School.

TIME 00:54:38

PACE 10:54/km

GENDER 160 of 238

OVERALL 237 of 355

40 - 49 26 of 39

19 September 2026, Sat

Date



BoutTime

Signature