



CERTIFICATE OF PARTICIPATION

This is to certify that

Lona Van Zyl

Has successfully participated & completed the

4.5km Trail Run Plasie Trail Run

held at Merensky High School.

TIME 01:03:16

PACE 12:39/km

GENDER 197 of 238

OVERALL 292 of 355

60 - 69 17 of 22

19 September 2026, Sat

Date



BoutTime

Signature