

CERTIFICATE OF PARTICIPATION

This is to certify that

Lourens Beeslaar

Has successfully participated & completed the

42km Misty Ridge Trail Run

held at Potato Seed Production (Farm Sterkspruit, Lydenburg.

TIME 05:04:31

PACE 07:15/km

GENDER 1 of 13

OVERALL 1 of 16

40 - 49 1 of 4

07 March 2026, Sat

Date



BoutTime

Signature

