



CERTIFICATE OF PARTICIPATION

This is to certify that

**Makungu Hope
Sihlangu**

Has successfully participated & completed the

4.5km Trail Run Plasie Trail Run

held at Merensky High School.

TIME 00:49:16

PACE 09:51/km

**GENDER 126 of
238**

OVERALL 198 of 355

OPEN 25 of 47

19 September 2026, Sat

Date



BoutTime

Signature

