



CERTIFICATE OF PARTICIPATION

This is to certify that

**Marthinus Van
Vreden**

Has successfully participated & completed the

4.5km Trail Run Plasie Trail Run

held at Merensky High School.

TIME 01:01:11

PACE 12:13/km

GENDER 85 of 117

OVERALL 265 of 355

60 - 69 4 of 9

19 September 2026, Sat

Date



BoutTime

Signature

