



CERTIFICATE OF PARTICIPATION

This is to certify that

Ziyaad Abdul

Has successfully participated & completed the

4.5km Trail Run Plasie Trail Run

held at Merensky High School.

TIME 00:26:00

PACE 05:12/km

OVERALL 33 of 355

GENDER 23 of 117

OPEN 3 of 15

19 September 2026, Sat

Date



BoutTime

Signature