

# CERTIFICATE OF PARTICIPATION

This is to certify that

## Constant De Waal

Has successfully participated & completed the

**14km Trail Run Spekbos Josty Trail Run Challenge 2025**

held at Lategansvlei Soccer Stadium, Oudtshoorn.

**TIME 02:28:11**

**PACE 10:34/km**

**GENDER 15 of 18**

**OVERALL 41 of 46**

**50 - 59 3 of 3**

22 November 2025, Sat

Date



*BoutTime*

Signature

