

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Ilze De Waal**

Has successfully participated & completed the  
**5km Trail Run Glen Aggy Trail Run 2025**

held at Plaas Glen Aggy.

**TIME 00:49:02**

**PACE 09:48/km**  
**OVERALL 56 of 302**

**GENDER 17 of 169**  
**40 - 49 4 of 37**

04 October 2025, Sat

Date



*BoutTime*

Signature

