

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Mthokozisi Frank  
Nkosi**

Has successfully participated & completed the  
**5km Trail Run Glen Aggy Trail Run 2025**  
held at Plaas Glen Aggy.

**TIME 00:47:29**

**PACE 09:28/km**  
**OVERALL 51 of 302**

**GENDER 39 of 133**  
**OPEN 7 of 28**

04 October 2025, Sat

Date



*BoutTime*

Signature

