

# CERTIFICATE OF PARTICIPATION

This is to certify that

## Henco van Zyl

Has successfully participated & completed the  
**5km Trail Run 19 October 2024 Eselfontein Trail Run Stage Race  
(Day 2)**  
held at Eselfontein.

**TIME 00:36:42**

**PACE 07:19/km**

**GENDER 9 of 20**

**OVERALL 17 of 31**

**40 - 49 8 of 13**

19 October 2024, Sat

Date



*BoutTime*

Signature

