

Certificate

THIS CERTIFICATE IS PROUDLY PRESENTED TO

Frances Lai

COMPLETED

Four Trails Mini 2024

WOMEN'S RANKING : 6 of 84

OVERALL RANKING : 42 of 293

RACE 1 - LANTAU TRAIL : 2h 37m 34s

RACE 2 - HONG KONG TRAIL : 1h 58m 37s

RACE 3 - WILSON TRAIL : 3h 29m 22s

RACE 4 - MACLEHOSE TRAIL : 2h 31m 03s

TOTAL TIME : 10h 36m 36s

Paul Wong

Race Director

5 May 2024