



CERTIFICATE OF PARTICIPATION

This acknowledges that

SYARIZAL BIN ABDULLAH

01:25:56

.....
has successfully participated in

Larian Minda Sihat 2018
(15km Competitive Run)

on 21st October 2018

in conjunction with
World Mental Health Day

Co-organized by



VALE



Toh Seri Bijaya

Lt.Kol. Dato' Shaharudin bin Hj Nazari (Bersara)

Orang besar Jajahan Manjung

Merangkap Penaung

Persatuan Pembangunan Minda Sihat Daerah Manjung