

## **CERTIFICATE** OF PARTICIPATION

This is to certify that

## Amanda van Heerden

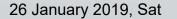
Has successfully participated & completed the

5km Four Seasons @ the Cowhouse - Summer

held at Cowhouse Market.

## **TIME** 01:33:05

**PACE** 18:36/km **OVERALL** 140 of 145 GENDER 87 of 89 OPEN 49 of 50



Date

outTime

Signature