

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Gareth Frost**

Has successfully participated & completed the

**5km Four Seasons @ the Cowhouse - Summer**

held at Cowhouse Market.

**TIME 00:54:39**

**PACE 10:54/km**

**OVERALL 60 of 145**

**GENDER 26 of 56**

**40 - 49 6 of 16**

26 January 2019, Sat

Date



*BoutTime*

Signature

