

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Nicola Helwick**

Has successfully participated & completed the  
**10km Hennops Big 5 Challenge 2019 #3**  
held at Hennops Fields.

**TIME 01:09:44**

**PACE 06:57/km**  
**OVERALL 44 of 99**

**GENDER 18 of 54**  
**OPEN 10 of 24**

05 May 2019, Sun

Date



*BoutTime*

Signature

