

CERTIFICATE OF PARTICIPATION

This is to certify that

Adel Strydom

Has successfully participated & completed the

5km Adult Weekend Warrior Trail sponsored by Tru-Cape

held at Grabouw Country Club.

TIME 00:41:48

PACE 08:21/km

GENDER 4 of 10

OVERALL 6 of 14

OPEN 4 of 9

11 May 2019, Sat

Date



BoutTime

Signature

