

# CERTIFICATE OF PARTICIPATION

This is to certify that

**helma fritz**

Has successfully participated & completed the

**10 km Adult Weekend Warrior Trail sponsored by Tru-Cape**

held at Grabouw Country Club.

**TIME 01:36:57**

**PACE 09:40/km**

**OVERALL 15 of 23**

**GENDER 9 of 14**

**40 - 49 1 of 1**

11 May 2019, Sat

Date



*BoutTime*

Signature

