

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Tania Els**

Has successfully participated & completed the

**7km Women Rock - Trail Run presented by Navworld**

held at Ingaadi Spa.

**TIME 01:17:04**

**PACE 11:00/km**

**GENDER 84 of 161**

**OVERALL 106 of 204**

**40 - 49 15 of 31**

28 August 2016, Sun

Date



*BoutTime*

Signature

