

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Christa Crous**

Has successfully participated & completed the  
**21km Women Rock - Trail Run presented by Navworld**

held at Ingaadi Spa.

**TIME 03:04:02**

**PACE 08:45/km**  
**OVERALL 71 of 78**

**GENDER 39 of 44**  
**50 - 59 9 of 9**

28 August 2016, Sun

Date



*BoutTime*

Signature

