

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Elizabeth de Lange**

Has successfully participated & completed the

**5km Four Seasons @ the Cowhouse - Spring 2019**

held at Cowhouse Market.

**TIME 00:44:51**

**PACE 08:57/km**

**OVERALL 22 of 48**

**GENDER 13 of 31**

**50 - 59 4 of 11**

26 October 2019, Sat

Date



*BoutTime*

Signature

