



## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## Helena Van Der Woude

Has successfully participated & completed the

17km Long Highland Gate Trail Run 2020

held at Highland Gate, Dullstroom.

**TIME** 03:38:13

**PACE** 12:49/km

**OVERALL** 206 of 218

**GENDER** 88 of 96

**40 - 49** 15 of 15

14 March 2020, Sat

Date

