

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Cas Prinsloo**

Has successfully participated & completed the  
**12km Women Rock - Trail Run presented by Navworld**

held at Ingaadi Spa.

**TIME 01:24:31**

**PACE 07:01/km**  
**OVERALL 94 of 124**

**GENDER 42 of 47**  
**60 - 69 1 of 1**

28 August 2016, Sun

Date



*BoutTime*

Signature

