

CERTIFICATE OF PARTICIPATION

This is to certify that

Arno Lourens

Has successfully participated & completed the
10km Cowhouse Spring Trail Run 2016

held at Cowhouse Market.

TIME 01:29:06

PACE 08:54/km
OVERALL 22 of 27

GENDER 11 of 13
OPEN 6 of 7

29 October 2016, Sat

Date



BoutTime

Signature

