

CERTIFICATE **OF PARTICIPATION**

This is to certify that

Hendrik Grobbelaar

Has successfully participated & completed the

5km Cowhouse Spring Trail Run 2016

held at Cowhouse Market.

TIME 00:27:34

PACE 05:30/km **OVERALL** 3 of 64

GENDER 1 of 25 **OPEN** 1 of 16



29 October 2016, Sat Date