

## **CERTIFICATE**

## OF PARTICIPATION

This is to certify that

## **Haward Pooe**

Has successfully participated & completed the

10km Forest Hill City Summer Run

held at Stellenbosch.

**TIME** 01:20:43

**PACE** 08:03/km

**GENDER** 127 of

157

**OVERALL** 206 of 287

**SENIOR (20-** 60 of 65

39)

04 December 2016, Sun Date

Signature