

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## Lizette Prinsloo

Has successfully participated & completed the

5km Cowhouse Summer Trail Run 2017

held at Cowhouse Market.

**TIME** 00:38:21

**PACE** 07:39/km

**OVERALL** 37 of 123

**GENDER** 19 of 77

**40 - 49** 1 of 17

28 January 2017, Sat

Date

