



RUN FOR
Mental Health

Rhythm Run - Trail Run

1 July 2023

Doran Vineyards,
Paarl, Western Cape

Distances: 5km, 10km, 17km



CERTIFICATE OF PARTICIPATION

This is to certify that

Janine Heydorn

Has successfully participated & completed the

10km Rhythm Run

held at TBA.

TIME 01:16:12

PACE 07:36/km

OVERALL 41 of 68

GENDER 21 of 41

OPEN 12 of 19

01 July 2023, Sat

Date



BoutTime

Signature

