



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

**michelle Van Der
Watt**

Has successfully participated & completed the

17km Rhythm Run

held at TBA.

TIME 01:34:59

PACE 05:34/km

OVERALL 14 of 44

GENDER 6 of 20

50 - 59 1 of 3

01 July 2023, Sat

Date



BoutTime

Signature

