



Rhythm Run - Trail Run
1 July 2023
Doran Vineyards,
Paarl, Western Cape

Distances: 5km, 10km, 17km



CERTIFICATE OF PARTICIPATION

This is to certify that

Clare Cousins

Has successfully participated & completed the

10km Rhythm Run

held at TBA.

TIME 01:00:05

PACE 06:00/km

OVERALL 14 of 68

GENDER 7 of 41

50 - 59 1 of 10

01 July 2023, Sat

Date



BoutTime

Signature

