

CERTIFICATE

OF PARTICIPATION

This is to certify that

Karien Nel

Has successfully participated & completed the

15km Cowhouse Winter Trail Run 2017

held at Cowhouse Market.

TIME 01:18:43

PACE 05:13/km

OVERALL 11 of 54

GENDER 3 of 22

OPEN 3 of 14

29 July 2017, Sat

Date



BoutTime

Signature