

CERTIFICATE OF PARTICIPATION

This is to certify that

Izel Rost

Has successfully participated & completed the

24km Lormar Trail Run 2017 - Day 2

held at Middelburg.

TIME 04:32:47

PACE 11:21/km

OVERALL 22 of 27

GENDER 12 of 16

40 - 49 5 of 8

08 October 2017, Sun

Date



BoutTime

Signature

