

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Helga Louw**

Has successfully participated & completed the  
**21km Ezemvelo Trail Run Challenge 2017**

held at Cowhouse Market.

**TIME 03:07:46**

**PACE 08:55/km**  
**OVERALL 56 of 103**

**GENDER 20 of 47**  
**40 - 49 5 of 20**

11 November 2017, Sat

Date



*BoutTime*

Signature

