

CERTIFICATE OF PARTICIPATION

This is to certify that

Lafras Heron

Has successfully participated & completed the

32km Num-Num Trail Run 2018

held at Pongola Express, MP.

TIME 05:13:41

PACE 09:48/km

OVERALL 10 of 123

GENDER 8 of 92

40 - 49 1 of 39

28 July 2018, Sat

Date



BoutTime

Signature

