

CERTIFICATE OF PARTICIPATION

This is to certify that

Lafras Heron

Has successfully participated & completed the

20km Trail Race Arnold Chatz Nogwaja Trail Run

held at Rustig Hiking Trails.

TIME 02:34:29

PACE 07:42/km

OVERALL 25 of 126

GENDER 22 of 87

40 - 49 6 of 30

29 July 2018, Sun

Date



BoutTime

Signature

