

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Lafras Heron**

Has successfully participated & completed the

**100km Schaap River Canyon Ultra**

held at Jakkalswater.

**TIME 13:45:22**

**PACE 08:15/km**

**OVERALL 4 of 15**

**GENDER 4 of 13**

**40 - 49 3 of 5**

25 August 2018, Sat

Date



*BoutTime*

Signature

