

CERTIFICATE OF PARTICIPATION

This is to certify that

Karel van Heerden

Has successfully participated & completed the

5km Four Seasons @ the Cowhouse - Summer

held at Cowhouse Market.

TIME 01:33:04

PACE 18:36/km

GENDER 53 of 56

OVERALL 139 of 145

40 - 49 16 of 16

26 January 2019, Sat

Date



BoutTime

Signature

