

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Lorinda Strydom**

Has successfully participated & completed the

**5km Four Seasons @ the Cowhouse - Summer**

held at Cowhouse Market.

**TIME 01:04:20**

**PACE 12:51/km**

**OVERALL 96 of 145**

**GENDER 58 of 89**

**OPEN 40 of 50**

26 January 2019, Sat

Date



*BoutTime*

Signature

