

# CERTIFICATE OF PARTICIPATION

This is to certify that

**des rudman**

Has successfully participated & completed the

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

held at Cowhouse Market.

**TIME 00:58:13**

**PACE 11:37/km**

**OVERALL 71 of 145**

**GENDER 31 of 56**

**40 - 49 8 of 16**

26 January 2019, Sat

Date



*BoutTime*

Signature

