

CERTIFICATE OF PARTICIPATION

This is to certify that

Elizabeth de Lange

Has successfully participated & completed the

7km Women Rock - Trail Run presented by Navworld

held at Ingaadi Spa.

TIME 01:22:10

PACE 11:43/km

**GENDER 101 of
161**

OVERALL 125 of 204

40 - 49 19 of 31

28 August 2016, Sun

Date



BoutTime

Signature

