

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Seef le Roux**

Has successfully participated & completed the  
**5km Ezemvelo Trail Run Challenge 2019**

held at Ezemvelo Nature Reserve.

**TIME 00:47:29**

**PACE 09:28/km**  
**OVERALL 25 of 53**

**GENDER 16 of 20**  
**40 - 49 4 of 5**

20 October 2019, Sun

Date



*BoutTime*

Signature

