

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Cas Prinsloo**

Has successfully participated & completed the  
**10km Ezemvelo Trail Run Challenge 2019**

held at Ezemvelo Nature Reserve.

**TIME 01:41:09**

**PACE 10:06/km**  
**OVERALL 76 of 104**

**GENDER 43 of 47**  
**60 - 69 6 of 7**

20 October 2019, Sun

Date



*BoutTime*

Signature

