

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Phthessa Jansen  
van Vuuren**

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

held at Ezemvelo Nature Reserve.

**TIME 01:49:47**

**PACE 10:57/km**  
**OVERALL 86 of 104**

**GENDER 42 of 57**  
**50 - 59 6 of 12**

20 October 2019, Sun

Date



*BoutTime*

Signature

