

## **CERTIFICATE**

## OF PARTICIPATION

This is to certify that

## Dave Abdo

Has successfully participated & completed the

12km Women Rock - Trail Run presented by Navworld

held at Ingaadi Spa.

**TIME** 01:05:13

**PACE** 05:25/km

**OVERALL** 34 of 124

**GENDER** 21 of 47

40 - 49 8 of 14

28 August 2016, Sun

Date



BoutTime