

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Jan Hendrik  
Groenewald**

Has successfully participated & completed the

**7km Women Rock - Trail Run presented by Navworld**

held at Ingaadi Spa.

**TIME 01:02:59**

**PACE 08:58/km**

**OVERALL 60 of 204**

**GENDER 15 of 43**

**OPEN 6 of 21**

28 August 2016, Sun

Date



*BoutTime*

Signature

