

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Mona Gouws**

Has successfully participated & completed the  
**7.5 Km Gosport Training run for Addo**  
held at Cowhouse Market.

**TIME 01:14:55**

**PACE 10:42/km**  
**OVERALL 7 of 10**

**GENDER 5 of 7**  
**40 - 49 4 of 4**

30 August 2020, Sun

Date



*BoutTime*

Signature

