

CERTIFICATE OF PARTICIPATION

This is to certify that

**Ella H van Zyl
Ferreira**

Has successfully participated & completed the

7km Women Rock - Trail Run presented by Navworld

held at Ingaadi Spa.

TIME 01:38:36

PACE 14:04/km

**GENDER 131 of
161**

OVERALL 163 of 204

40 - 49 26 of 31

28 August 2016, Sun

Date



BoutTime

Signature

