



CERTIFICATE OF PARTICIPATION

This is to certify that

ilze louw

Has successfully participated & completed the

12 Km Trail Run Ostrich Crawl Mtb & Trail Run Experience

held at TBA.

TIME 01:31:00

PACE 7.91km/h

GENDER 17 of 16

OVERALL 30 of 29

SUB VETERAN 5 of 5

02 April 2022, Sat

Date



BoutTime

Signature

