



Rhythm Run - Trail Run

1 July 2023

Doran Vineyards,
Paarl, Western Cape

Distances: 5km, 10km, 17km



CERTIFICATE OF PARTICIPATION

This is to certify that

Mercia Paul

Has successfully participated & completed the

10km Rhythm Run

held at TBA.

TIME 01:31:58

PACE 09:10/km

OVERALL 59 of 68

GENDER 34 of 41

60 - 69 3 of 3

01 July 2023, Sat

Date



BoutTime

Signature

