

CERTIFICATE OF PARTICIPATION

This is to certify that

Michael Adams

Has successfully participated & completed the

5 km Heritage Day Trail Run

held at De Grendel Wine Estate.

TIME 00:40:48

PACE 08:09/km

OVERALL 49 of 169

GENDER 26 of 63

50 - 59 10 of 15

24 September 2023, Sun

Date



BoutTime

Signature

