

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## Lisa Carstens

Has successfully participated & completed the

10km Cowhouse Summer Trail Run 2018

held at Cowhouse Market.

**TIME** 01:01:59

**PACE** 06:10/km

**OVERALL** 45 of 110

**GENDER** 17 of 60

**40 - 49** 3 of 18

27 January 2018, Sat

Date



BoutTime