

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Lauren Gouws**

Has successfully participated & completed the

**5km Cowhouse Autumn Trail Run 2018**

held at Cowhouse Market.

**TIME 01:03:36**

**PACE 12:42/km**

**OVERALL 83 of 104**

**GENDER 37 of 42**

**60 - 69 2 of 3**

28 April 2018, Sat

Date



*BoutTime*

Signature

