

## **CERTIFICATE**

## OF PARTICIPATION

This is to certify that

## Anastasia Nel

Has successfully participated & completed the

5km Cowhouse Autumn Trail Run 2018

held at Cowhouse Market.

**TIME** 01:05:50

**PACE** 13:09/km OVERALL 90 of 104

**GENDER** 51 of 62

**40 - 49** 13 of 14

28 April 2018, Sat

Date

