

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Lizelle Arlow**

Has successfully participated & completed the  
**5km Run JAM Trail Run (Just Add Mud)**  
held at Wattle Springs Trails.

**TIME 01:37:47**

**PACE 19:33/km**  
**OVERALL 36 of 43**

**GENDER 23 of 26**  
**40 - 49 7 of 7**

09 August 2018, Thu

Date



*BoutTime*

Signature

