

CERTIFICATE OF PARTICIPATION

This is to certify that

Adolf prinsloo

Has successfully participated & completed the

7km Women Rock - Trail Run presented by Navworld

held at Ingaadi Spa.

TIME 01:39:50

PACE 14:15/km

GENDER 35 of 43

OVERALL 167 of 204

OPEN 15 of 21

28 August 2016, Sun

Date



BoutTime

Signature

