

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Adele Bird**

Has successfully participated & completed the

**7km Women Rock - Trail Run presented by Navworld**

held at Ingaadi Spa.

**TIME 01:58:45**

**PACE 16:57/km**

**GENDER 151 of  
161**

**OVERALL 189 of 204**

**40 - 49 31 of 31**

28 August 2016, Sun

Date



*BoutTime*

Signature

