

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Irma Grundling**

Has successfully participated & completed the

**5km Ezemvelo Trail Run Challenge 2019**

held at Ezemvelo Nature Reserve.

**TIME 01:16:35**

**PACE 15:18/km**

**OVERALL 47 of 53**

**GENDER 27 of 33**

**60 - 69 3 of 3**

20 October 2019, Sun

Date



*BoutTime*

Signature

