

CERTIFICATE OF PARTICIPATION

This is to certify that

Arno Lourens

Has successfully participated & completed the

10km Four Seasons @ the Cowhouse - Spring 2019

held at Cowhouse Market.

TIME 01:10:55

PACE 07:04/km

OVERALL 19 of 32

GENDER 13 of 19

40 - 49 5 of 8

26 October 2019, Sat

Date



BoutTime

Signature

