

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Heino Prinsloo**

Has successfully participated & completed the

**10km Four Seasons @ the Cowhouse - Spring 2019**

held at Cowhouse Market.

**TIME 00:42:35**

**PACE 04:15/km**

**OVERALL 1 of 32**

**GENDER 1 of 19**

**14 - 19 1 of 1**

26 October 2019, Sat

Date



*BoutTime*

Signature

