

CERTIFICATE

OF PARTICIPATION

This is to certify that

liza Badenhorst

Has successfully participated & completed the

7km Women Rock - Trail Run presented by Navworld

held at Ingaadi Spa.

TIME 01:28:45

PACE 12:39/km

OVERALL 138 of 204

GENDER 112 of 161

40 - 49 23 of 31

28 August 2016, Sun

Date



BoutTime