

CERTIFICATE OF PARTICIPATION

This is to certify that

Lizel Taljaard

Has successfully participated & completed the

5km Cowhouse Spring Trail Run 2016

held at Cowhouse Market.

TIME 00:53:28

PACE 10:40/km

GENDER 23 of 39

OVERALL 42 of 64

OPEN 19 of 26

29 October 2016, Sat

Date



BoutTime

Signature

