

CERTIFICATE OF PARTICIPATION

This is to certify that

Mianda van Zyl

Has successfully participated & completed the

5km Cowhouse Spring Trail Run 2016

held at Cowhouse Market.

TIME 00:41:49

PACE 08:21/km

OVERALL 22 of 64

GENDER 8 of 39

OPEN 5 of 26

29 October 2016, Sat

Date



BoutTime

Signature

