

CERTIFICATE OF PARTICIPATION

This is to certify that

Michael Strydom

Has successfully participated & completed the

10km Forest Hill City Summer Run

held at Stellenbosch.

TIME 01:25:21

PACE 08:31/km

GENDER 129 of 157

OVERALL 217 of 287

50+ 19 of 20

04 December 2016, Sun

Date



BoutTime

Signature

