

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Izel Rost**

Has successfully participated & completed the  
**15km Cowhouse Winter Trail Run 2017**  
held at Cowhouse Market.

**TIME 01:54:45**

**PACE 07:39/km**  
**OVERALL 45 of 54**

**GENDER 18 of 22**  
**40 - 49 4 of 5**

29 July 2017, Sat

Date



*BoutTime*

Signature

