

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Henk Gouws**

Has successfully participated & completed the  
**10km Cowhouse Winter Trail Run 2017**  
held at Cowhouse Market.

**TIME 00:58:02**

**PACE 05:48/km**  
**OVERALL 23 of 70**

**GENDER 17 of 31**  
**40 - 49 7 of 9**

29 July 2017, Sat

Date



*BoutTime*

Signature

