

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## Ruan Van Staden

Has successfully participated & completed the

10km Cowhouse Winter Trail Run 2017

held at Cowhouse Market.

**TIME** 01:01:20

**PACE** 06:07/km

**OVERALL** 27 of 70

**GENDER** 19 of 31

14 - 19 1 of 1

29 July 2017, Sat

**Date** 

