

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Ida Du Plessis**

Has successfully participated & completed the

**5km Cowhouse Spring Trail Run 2017**

held at Cowhouse Market.

**TIME 00:51:14**

**PACE 10:13/km**

**OVERALL 40 of 53**

**GENDER 26 of 30**

**40 - 49 10 of 11**

28 October 2017, Sat

Date



*BoutTime*

Signature

