

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Paul Howes**

Has successfully participated & completed the  
**10km Ezemvelo Trail Run Challenge 2017**

held at Cowhouse Market.

**TIME 01:18:21**

**PACE 07:49/km**  
**OVERALL 26 of 124**

**GENDER 20 of 65**  
**50 - 59 3 of 12**

11 November 2017, Sat

Date



*BoutTime*

Signature

