

CERTIFICATE OF PARTICIPATION

This is to certify that

Helga Louw

Has successfully participated & completed the
21km Ezemvelo Trail Run Challenge 2017

held at Cowhouse Market.

TIME 03:07:46

PACE 08:55/km
OVERALL 56 of 103

GENDER 20 of 47
40 - 49 5 of 20

11 November 2017, Sat

Date



BoutTime

Signature

