

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Lourens Sanders**

Has successfully participated & completed the  
**15km Cowhouse Autumn Trail Run 2018**  
held at Cowhouse Market.

**TIME 01:34:59**

**PACE 06:18/km**  
**OVERALL 18 of 29**

**GENDER 12 of 14**  
**OPEN 6 of 8**

28 April 2018, Sat

Date



*BoutTime*

Signature

