

CERTIFICATE

OF PARTICIPATION

This is to certify that

Roulof Hefer

Has successfully participated & completed the

10km Cowhouse Winter Trail Run 2018

held at Cowhouse Market.

TIME 01:02:50

PACE 06:16/km

OVERALL 21 of 62

28 July 2018, Sat

Date

GENDER 13 of 27

OPEN 9 of 19

