

CERTIFICATE OF PARTICIPATION

This is to certify that

Gareth Frost

Has successfully participated & completed the

5km Four Seasons @ the Cowhouse - Spring

held at Cowhouse Market.

TIME 00:48:55

PACE 09:46/km

OVERALL 51 of 74

GENDER 20 of 27

40 - 49 4 of 8

28 October 2018, Sun

Date



BoutTime

Signature

