

## CERTIFICATE **OF PARTICIPATION**

This is to certify that

## Frik Bodenstein

Has successfully participated & completed the

5km Trail PlanetFitness Trail Run

held at Bezhoek Farm.

## **TIME** 01:28:39

**PACE** 17:42/km OVERALL 15 of 18

**GENDER** 9 of 9 OPEN 4 of 4



05 October 2019, Sat

Date