

CERTIFICATE OF PARTICIPATION

This is to certify that

elizabeth fredricks

Has successfully participated & completed the

5km Four Seasons @ the Cowhouse - Spring 2019

held at Cowhouse Market.

TIME 01:07:31

PACE 13:30/km

OVERALL 35 of 48

GENDER 25 of 31

50 - 59 7 of 11

26 October 2019, Sat

Date



BoutTime

Signature

