

CERTIFICATE OF PARTICIPATION

This is to certify that

Shelly Heard

Has successfully participated & completed the

8km Eastern Nights Trail Run #6

held at Benoni Country Club.

TIME 00:57:58

PACE 07:13/km

OVERALL 33 of 45

GENDER 10 of 18

OVER 40 2 of 7

12 December 2019, Thu

Date



BoutTime

Signature

