



# CERTIFICATE OF PARTICIPATION

This is to certify that

**Shana van Heerden**

Has successfully participated & completed the

**23km Cradle Escape - Adventure (7am)**

held at Cradle Moon Lodge.

**TIME 01:38:32**

**PACE 14.01km/h**

**GENDER 1 of 3**

**OVERALL 10 of 43**

**YOUTH 1 of 1**

12 September 2020, Sat

Date



*BoutTime*

Signature

