

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Arlo Van Heerden**

Has successfully participated & completed the  
**40km FRESH Kaapsehoop Mountain Ultra**  
held at Kaapsehoop Horse Trails.

**TIME 04:04:16**

**PACE 06:06/km**  
**OVERALL 1 of 59**

**GENDER 1 of 39**  
**OPEN 1 of 17**

11 September 2021, Sat

Date



*BoutTime*

Signature

