



**LAKEs**  
**SECURITY FORUM**  
STRONGER TOGETHER

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Jean-Lynn van  
Heerden**

Has successfully participated & completed the  
**10km Trail Run Hazeldean Lakes Race**  
held at Cowhouse Market.

**TIME 01:00:55**

**PACE 9.85km/h**  
**OVERALL 7 of 61**

**GENDER 1 of 39**  
**VETERAN 1 of 15**

21 March 2024, Thu

Date



*BoutTime*

Signature

