

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## Michelle Groome

Has successfully participated & completed the

20km Trail Race Arnold Chatz Nogwaja Trail Run

held at Rustig Hiking Trails.

**TIME** 03:58:38

**PACE** 11:54/km

**OVERALL** 100 of 126

**GENDER** 23 of 39

**40 - 49** 10 of 20

29 July 2018, Sun

Date



BoutTime

Signature