

# CERTIFICATE OF PARTICIPATION

This is to certify that

## Lafras Heron

Has successfully participated & completed the

**20km Trail Race Arnold Chatz Nogwaja Trail Run**

held at Rustig Hiking Trails.

**TIME 02:34:29**

**PACE 07:42/km**

**OVERALL 25 of 126**

**GENDER 22 of 87**

**40 - 49 6 of 30**

29 July 2018, Sun

Date



*BoutTime*

Signature

