

# CERTIFICATE OF PARTICIPATION

This is to certify that

## Helena Van Niekerk

Has successfully participated & completed the  
**10km Trail Run 19 October 2024 Eselfontein Trail Run Stage Race  
(Day 2)**  
held at Eselfontein.

**TIME 01:03:52**

**PACE 05:48/km**  
**OVERALL 7 of 51**

**GENDER 3 of 37**  
**40 - 49 1 of 9**

19 October 2024, Sat

Date



*BoutTime*

Signature

