



CERTIFICATE

OF PARTICIPATION

This is to certify that

Ingrid Crowder

Has successfully participated & completed the

13km Black Hill Timbercity Red Hill Marathon

held at Fish Hoek Sports Field.

TIME 01:37:16

PACE 8.02km/h

OVERALL 235 of 623

25 January 2025, Sat

Date



50+ 28 of 88



BoutTime

Signature