

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Mike Els**

Has successfully participated & completed the  
**34km Trail Run Oak Valley Extreme**  
held at Oak Valley Estate, Grabouw.

**TIME 03:01:45**

**PACE 05:19/km**  
**OVERALL 2 of 22**

**GENDER 2 of 14**  
**40 - 49 1 of 4**

15 September 2024, Sun  
Date



*BoutTime*  
Signature

