





THIS IS TO CERTIFY THAT

## **MIKE ALSFORD**

**FINISHED THE** 

## 7KM FUN RUN/WALK SUNDAY 17 FEBRUARY 2013

TIME

A TI

ROCKTAPE

LesMills

nice& natural 01:11:34

LIFESTYLE

DOMINION POST ZEAL PELORUS TRUST NECT

ATHLETICS

SOUTHERUCROSS

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TBIhealth

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PAKńSAVE

SPORT