

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Ian Van der Walt**

Has successfully participated & completed the

**Solo Bull Cowhouse Cross Duathlon 2019 #1**

held at Cowhouse Market.

**TIME 02:10:58**

**PACE 04:30/km**

**GENDER 1 of 4**

**OVERALL 1 of 6**

**40 - 49 1 of 2**

03 March 2019, Sun

Date



*BoutTime*

Signature

