

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## Lardus du Plessis

Has successfully participated & completed the

30km GoSport Farm Run @ Cowhouse

held at Cowhouse Market.

**TIME** 03:29:49

**PACE** 06:58/km

**OVERALL** 12 of 13

16 December 2019, Mon

Date

**GENDER** 10 of 11

**OPEN** 6 of 7



Bout Time

Signature