

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Janine Blom**

Has successfully participated & completed the  
**Cross Duathlon - Sprint Cowhouse Cross Duathlon**  
held at Hazeldean Valley Trails.

**TIME 01:12:40**

**PACE 16.51km/h**  
**OVERALL 12 of 17**

**GENDER 5 of 8**  
**45 - 49 1 of 1**

14 April 2024, Sun

Date



*BoutTime*

Signature

