

CERTIFICATE OF PARTICIPATION

This is to certify that

**Keilah Van Rheede
Van Oudtshoorn**

Has successfully participated & completed the

Lamb Race Cowhouse Cross Duathlon 2017 #7

held at Cowhouse Market.

TIME 00:05:12

PACE 05:12/km

GENDER 1 of 2

OVERALL 1 of 2

< 13 1 of 2

12 November 2017, Sun

Date



BoutTime

Signature

