

## **CERTIFICATE**

## OF PARTICIPATION

This is to certify that

## **Elaine Crous**

Has successfully participated & completed the

Solo Heifer Cowhouse Cross Duathlon 2018 #3

held at Cowhouse Market.

**TIME** 00:54:16

**PACE** 05:24/km

**OVERALL** 9 of 10

**GENDER** 4 of 5

< 13 3 of 3

13 May 2018, Sun

Date



BoutTime