

CERTIFICATE OF PARTICIPATION

This is to certify that

Gareth Frost

Has successfully participated & completed the

Solo Steer Cowhouse Cross Duathlon 2018 #6

held at Cowhouse Market.

TIME 01:35:19

PACE 06:21/km

OVERALL 19 of 26

GENDER 11 of 13

40 - 49 1 of 2

07 October 2018, Sun

Date



BoutTime

Signature

