

CERTIFICATE OF PARTICIPATION

This is to certify that

Lize Blignaut

Has successfully participated & completed the

Solo Heifer Cowhouse Cross Duathlon 2019 #3

held at Cowhouse Market.

TIME 01:01:24

PACE 12.70km/h

GENDER 2 of 7

OVERALL 5 of 16

40 TO 44 1 of 1

02 June 2019, Sun

Date

BoutTime

Signature