

## CERTIFICATE **OF PARTICIPATION**

This is to certify that

## lan van der walt

Has successfully participated & completed the

Solo Bull Cowhouse Cross Duathlon 2019 #3

held at Cowhouse Market.

## **TIME** 02:06:10

**PACE** 16.64km/h **OVERALL** 1 of 16

**GENDER** 1 of 11 45 TO 49 1 of 1

Sout Lime Signature

02 June 2019, Sun Date