

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Frederik van der  
Wath**

Has successfully participated & completed the  
**40km Medium Race Cowhouse Winter MTB Race Sponsored by  
Bruce Reyneke Cycles**  
held at Cowhouse Market.

**TIME 02:14:40**

**PACE 17.82km/h**

**GENDER 159 of  
187**

**OVERALL 206 of 252 SUB VETERAN 30 of 35**

13 July 2019, Sat

Date



*BoutTime*

Signature

