

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Adel Russouw**

Has successfully participated & completed the

**Sprint Triathlon Blyde Triathlon & Aqua Bike**

held at Blyde River, Pta East.

**TIME 02:05:54**

**PACE 10.96km/h**

**GENDER 20 of 24**

**OVERALL 55 of 66**

**0 of 0**

05 January 2020, Sun

Date

*BoutTime*

Signature