

## **CERTIFICATE**

## OF PARTICIPATION

This is to certify that

## Ian Els

Has successfully participated & completed the

**Bull Team Cowhouse Cross Duathlon 2018 #6** 

held at Cowhouse Market.

**TIME** 02:13:56

**PACE** 04:27/km

**OVERALL** 3 of 6

07 October 2018, Sun

Date

**GENDER** 1 of 3

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