

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Lardus du Plessis**

Has successfully participated & completed the  
**30km GoSport Farm Run @ Cowhouse**  
held at Cowhouse Market.

**TIME 03:29:49**

**PACE 06:58/km**  
**OVERALL 12 of 13**

**GENDER 10 of 11**  
**OPEN 6 of 7**

16 December 2019, Mon  
Date



BoutTime  
Signature

