

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Sarel Froneman**

Has successfully participated & completed the

**3 Day Stage Race Sondela Family 3 Day Stage Race**

held at Sondela Nature Reserve.

**TIME 01:13:41**

**PACE 15.47km/h**

**GENDER 45 of 62**

**OVERALL 55 of 90**

**VETERAN 19 of 25**

26 November 2021, Fri

Date



*BoutTime*

Signature

