

CERTIFICATE OF PARTICIPATION

This is to certify that

Gareth Frost

Has successfully participated & completed the

Triathlon-Sprint Curro College Cross- Triathlon & Duathlon#5

held at Curro College Hazeldean.

TIME 01:36:40

PACE 15.52km/h

GENDER 3 of 12

OVERALL 4 of 17

45 - 49 2 of 3

11 December 2022, Sun

Date



BoutTime

Signature

