

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Ruan Mentz**

Has successfully participated & completed the

**Cross Duathlon - Standard Cowhouse Cross Duathlon #3**

held at Hazeldean Valley Trails.

**TIME 02:35:39**

**PACE 03:52/km**

**GENDER 2 of 4**

**OVERALL 2 of 6**

**OPEN 1 of 1**

06 August 2023, Sun

Date



*BoutTime*

Signature

