

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Richard Howard**

Has successfully participated & completed the

**Solo - Standard Cowhouse Cross Duathlon 2017 #3**

held at Cowhouse Market.

**TIME 01:33:37**

**PACE 03:12/km**

**OVERALL 2 of 14**

**GENDER 2 of 8**

**40 - 49 1 of 3**

02 July 2017, Sun

Date



*BoutTime*

Signature

