

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Mary de Kock**

Has successfully participated & completed the

**Solo Heifer Cowhouse Cross Duathlon 2017 #5**

held at Cowhouse Market.

**TIME 01:17:00**

**PACE 7.79km/h**

**GENDER 3 of 3**

**OVERALL 4 of 5**

**SUB VETERAN 2 of 2**

10 September 2017, Sun

Date



*BoutTime*

Signature

