

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Adele Swanepoel**

Has successfully participated & completed the

**Solo Steer Cowhouse Cross Duathlon 2017 #7**

held at Cowhouse Market.

**TIME 01:42:34**

**PACE 06:49/km**

**OVERALL 30 of 41**

**GENDER 11 of 18**

**OPEN 9 of 14**

12 November 2017, Sun

Date



*BoutTime*

Signature

