

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Lizaan Van Den  
Heever**

Has successfully participated & completed the  
**Open Water Swim (Long) 1000m Prime View Cross Tri & Duathlon  
#2**  
held at Prime View.

**TIME 00:28:22**

**PACE 4.23km/h**  
**OVERALL 63 of 114**

**GENDER 34 of 63**  
**14 - 15 3 of 5**

13 October 2024, Sun

Date



*BoutTime*

Signature

