

CERTIFICATE OF PARTICIPATION

This is to certify that

Paul Lydes-Uings

Has successfully participated & completed the

Solo Steer Cowhouse Cross Duathlon 2019 #1

held at Cowhouse Market.

TIME 01:36:39

PACE 06:25/km

OVERALL 9 of 17

GENDER 7 of 11

40 - 49 2 of 3

03 March 2019, Sun

Date



BoutTime

Signature

