

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## Norman Lizwelithandwangum untu Mhlongo

Has successfully participated & completed the

1-Day Challenge (Saturday 45km) Bezhoek Extreme 2019 -**Saturday Riders** 

held at Bezhoek Farm.

**TIME** 05:18:29

PACE 8.67km/h **OVERALL** 5 of 12

**GENDER** 4 of 9

VETERAN 2 of 3



