

CERTIFICATE OF PARTICIPATION

This is to certify that

Lourens de Beer

Has successfully participated & completed the

10km Four Seasons @ the Cowhouse - Spring 2019

held at Cowhouse Market.

TIME 01:05:02

PACE 06:30/km

OVERALL 12 of 32

GENDER 9 of 19

OPEN 3 of 7

26 October 2019, Sat

Date



BoutTime

Signature

