

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Duncan Howes**

Has successfully participated & completed the  
**Open Water Swim (Long) 1000m Prime View Cross Tri & Duathlon  
#6**

held at Prime View.

**TIME 00:19:35**

**PACE 6.13km/h**  
**OVERALL 9 of 39**

**GENDER 3 of 15**  
**45 - 49 1 of 1**

22 October 2023, Sun

Date



*BoutTime*

Signature

