

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## Ryann de Kock

Has successfully participated & completed the

Lamb Race Cowhouse Cross Duathlon 2017 #5

held at Cowhouse Market.

**TIME** 00:05:24

**PACE** 11.11km/h

**OVERALL** 3 of 7

**GENDER** 3 of 6 NIPPERS 1 of 1

10 September 2017, Sun

Date



