

CERTIFICATE OF PARTICIPATION

This is to certify that

Lorinda Du Plessis

Has successfully participated & completed the

Team Heifer Cowhouse Cross Duathlon 2017 #5

held at Cowhouse Market.

TIME 01:08:20

PACE 9.66km/h

GENDER 3 of 3

OVERALL 4 of 4

SUB VETERAN 1 of 1

10 September 2017, Sun

Date



BoutTime

Signature

