

CERTIFICATE OF PARTICIPATION

This is to certify that

Alan Louw

Has successfully participated & completed the

10km Fancourt 10km Run Walk

held at The Ridge, George.

OFFICIAL TIME 00:45:36

Mat-To-Mat Time 00:45:36

PACE 04:33/km

OVERALL 28 of 500

GENDER 23 of 220

40+ 4 of 38



19 December 2025, Fri

Date

Signature

