

CERTIFICATE OF PARTICIPATION

This is to certify that

Bernado Fredericks

Has successfully participated & completed the

10km Fancourt 10km Run Walk

held at The Ridge, George.

OFFICIAL TIME 00:35:08

Mat-To-Mat Time 00:35:08

PACE 03:30/km

GENDER 6 of 220

OVERALL 6 of 500

**SENIOR (20- 5 of 82
39)**



19 December 2025, Fri

Date

Signature



BoutTime