

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Cara-Lu Graham**

Has successfully participated & completed the

**10km Fancourt 10km Run Walk**

held at The Ridge, George.

**OFFICIAL TIME 01:00:42**

**Mat-To-Mat Time 01:00:42**

**PACE 06:03/km**

**GENDER 46 of 280**

**OVERALL 127 of 500**

**50+ 8 of 70**



19 December 2025, Fri

Date

Signature

