

CERTIFICATE OF PARTICIPATION

This is to certify that

Frikkie Theron

Has successfully participated & completed the

10km Fancourt 10km Run Walk

held at The Ridge, George.

OFFICIAL TIME 01:37:01

Mat-To-Mat Time 01:37:01

PACE 09:42/km

**GENDER 174 of
220**

OVERALL 389 of 500

40+ 31 of 38



19 December 2025, Fri

Date

Signature



BoutTime