

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Ilse Karsten**

Has successfully participated & completed the

**10km Fancourt 10km Run Walk**

held at The Ridge, George.

**OFFICIAL TIME 00:59:55**

**Mat-To-Mat Time 00:59:55**

**PACE 05:58/km**

**GENDER 44 of 280**

**OVERALL 122 of 500**

**50+ 6 of 70**



19 December 2025, Fri

Date

Signature

