

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Iona Du Plessis**

Has successfully participated & completed the

**10km Fancourt 10km Run Walk**

held at The Ridge, George.

**OFFICIAL TIME 01:21:01**

**Mat-To-Mat Time 01:21:01**

**PACE 08:06/km**

**GENDER 155 of 280**

**OVERALL 299 of 500**

**50+ 37 of 70**



19 December 2025, Fri

Date

Signature



*BoutTime*