

# CERTIFICATE OF PARTICIPATION

This is to certify that

**James Lowe**

Has successfully participated & completed the

**10km Fancourt 10km Run Walk**

held at The Ridge, George.

**OFFICIAL TIME 00:49:24**

**Mat-To-Mat Time 00:49:24**

**PACE 04:55/km**

**GENDER 33 of 220**

**OVERALL 47 of 500**

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



19 December 2025, Fri

Date

Signature



*BoutTime*