

CERTIFICATE OF PARTICIPATION

This is to certify that

Jarred Adam Kowen

Has successfully participated & completed the

10km Fancourt 10km Run Walk

held at The Ridge, George.

OFFICIAL TIME 01:21:54

Mat-To-Mat Time 01:21:54

PACE 08:10/km

**GENDER 148 of
220**

OVERALL 310 of 500



**JUNIOR (15- 8 of 13
19)**

Date

Signature

BoutTime