

CERTIFICATE OF PARTICIPATION

This is to certify that

Juan Van Staden

Has successfully participated & completed the

10km Fancourt 10km Run Walk

held at The Ridge, George.

OFFICIAL TIME 01:01:49

Mat-To-Mat Time 01:01:49

PACE 06:09/km

GENDER 88 of 220

OVERALL 141 of 500

**SENIOR (20- 44 of 82
39)**



19 December 2025, Fri

Date

Signature



BoutTime