

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Lizelle Esilva**

Has successfully participated & completed the

**10km Run/Walk Mistico Breakfast Run/Walk**

held at Mistico, Cape Town.

**OFFICIAL TIME 01:17:07**

**Mat-To-Mat Time 01:17:07**

**PACE 07:42/km**

**OVERALL 31 of 44**

**GENDER 14 of 22**

**40 - 49 5 of 7**



13 December 2025, Sat

Date

Signature

