

CERTIFICATE OF PARTICIPATION

This is to certify that

Mark Shamley

Has successfully participated & completed the

10km Fancourt 10km Run Walk

held at The Ridge, George.

OFFICIAL TIME 01:02:22

Mat-To-Mat Time 01:02:22

PACE 06:13/km

GENDER 91 of 220

OVERALL 145 of 500

60+ 9 of 29



19 December 2025, Fri

Date

Signature

