

CERTIFICATE OF PARTICIPATION

This is to certify that

Mpukula Israel

Has successfully participated & completed the

10km Fancourt 10km Run Walk

held at The Ridge, George.

OFFICIAL TIME 01:21:57

Mat-To-Mat Time 01:21:57

PACE 08:10/km

GENDER 149 of 220

OVERALL 311 of 500

40+ 28 of 38



19 December 2025, Fri

Date

Signature



BoutTime