

CERTIFICATE OF PARTICIPATION

This is to certify that

Nhlahla Sebola

Has successfully participated & completed the

10km Fancourt 10km Run Walk

held at The Ridge, George.

OFFICIAL TIME 01:08:45

Mat-To-Mat Time 01:08:45

PACE 06:51/km

OVERALL 218 of 500

GENDER 118 of 220

40+ 22 of 38

19 December 2025, Fri

Date



Signature

