

CERTIFICATE OF PARTICIPATION

This is to certify that

Nico Van Zyl

Has successfully participated & completed the

10km Fancourt 10km Run Walk

held at The Ridge, George.

OFFICIAL TIME 00:45:19

Mat-To-Mat Time 00:45:19

PACE 04:30/km

GENDER 21 of 220

OVERALL 26 of 500

**SENIOR (20- 12 of 82
39)**



19 December 2025, Fri

Date

Signature



BoutTime