

CERTIFICATE OF PARTICIPATION

This is to certify that

Sandra Messer

Has successfully participated & completed the

10km Fancourt 10km Run Walk

held at The Ridge, George.

OFFICIAL TIME 01:01:06

Mat-To-Mat Time 01:01:06

PACE 06:06/km

GENDER 50 of 280

OVERALL 134 of 500

50+ 9 of 70



19 December 2025, Fri

Date

Signature

