

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Shannon Frigyik**

Has successfully participated & completed the

**10km Fancourt 10km Run Walk**

held at The Ridge, George.

**OFFICIAL TIME 00:54:39**

**Mat-To-Mat Time 00:54:39**

**PACE 05:27/km**

**OVERALL 82 of 500**

**GENDER 26 of 280**

**40+ 7 of 61**



19 December 2025, Fri

Date

Signature

