

CERTIFICATE OF PARTICIPATION

This is to certify that

Sonja Van Zyl

Has successfully participated & completed the

10km Fancourt 10km Run Walk

held at The Ridge, George.

OFFICIAL TIME 01:33:51

Mat-To-Mat Time 01:33:51

PACE 09:22/km

GENDER 204 of 280

OVERALL 372 of 500

50+ 48 of 70



19 December 2025, Fri

Date

Signature



BoutTime