

CERTIFICATE OF PARTICIPATION

This is to certify that

Tim Grensing

Has successfully participated & completed the

10km Fancourt 10km Run Walk

held at The Ridge, George.

OFFICIAL TIME 00:54:31

Mat-To-Mat Time 00:54:31

PACE 05:27/km

GENDER 56 of 220

OVERALL 81 of 500

**SENIOR (20- 30 of 82
39)**



19 December 2025, Fri

Date

Signature



BoutTime