

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Penny Ingram**

Has successfully participated & completed the

**10km RTV 2026 #6**

held at Vrede en Lust.

**TIME 01:15:37**

**PACE 07:33/km**

**OVERALL 59 of 123**

**GENDER 30 of 72**

**70 - 79 1 of 2**

06 June 2026, Sat

Date



*BoutTime*

Signature

