

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Cindy Frost**

Has successfully participated & completed the  
**5Km Race FRESH@Fort Klapperkop**  
held at Fort Klapperkop.

**TIME 01:08:18**

**PACE 13:39/km**  
**OVERALL 27 of 53**

**GENDER 13 of 32**  
**< 50 5 of 10**

19 April 2026, Sun

Date



*BoutTime*

Signature

