

CERTIFICATE OF PARTICIPATION

This is to certify that

Cindy Frost

Has successfully participated & completed the
5Km Fresh@Groenkloof Nature Reserve
held at Groenkloof Nature Reserve .

TIME 00:53:49

PACE 10:45/km
OVERALL 16 of 60

GENDER 5 of 39
40 - 49 1 of 11

08 March 2026, Sun

Date



BoutTime

Signature

