

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Louis Lindhorst**

Has successfully participated & completed the  
**10Km Fresh@Groenkloof Nature Reserve**  
held at Groenkloof Nature Reserve .

**TIME 01:15:08**

**PACE 07:30/km**  
**OVERALL 20 of 71**

**GENDER 12 of 27**  
**40 - 49 6 of 13**

08 March 2026, Sun

Date



*BoutTime*

Signature

