

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Michael Dempsey**

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

**TIME 01:27:33**

**PACE 08:45/km**  
**OVERALL 40 of 71**

**GENDER 20 of 27**  
**OPEN 6 of 6**

08 March 2026, Sun

Date



*BoutTime*

Signature

