

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Sarah Abbott**

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

**TIME 01:16:03**

**PACE 07:36/km**  
**OVERALL 24 of 71**

**GENDER 10 of 44**  
**40 - 49 4 of 15**

08 March 2026, Sun

Date



*BoutTime*

Signature

