

CERTIFICATE OF PARTICIPATION

This is to certify that

**Theodore Van
Schalkwyk**

Has successfully participated & completed the

Rhythm Run 10km Rhythm Run

held at Mistico, Cape Town.

TIME 01:13:09

PACE 07:18/km

GENDER 16 of 22

OVERALL 29 of 42

40 - 49 3 of 4

29 March 2025, Sat

Date



BoutTime

Signature

