

CERTIFICATE OF PARTICIPATION

This is to certify that

Liza Ronland

Has successfully participated & completed the

10km Forest Hill City Summer Run

held at Stellenbosch.

TIME 00:57:45

PACE 05:45/km

OVERALL 71 of 287

GENDER 17 of 130

40+ 5 of 35

04 December 2016, Sun

Date



BoutTime

Signature

