

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Colleen Krog**

Has successfully participated & completed the  
**17Km Fresh@Groenkloof Nature Reserve**  
held at Groenkloof Nature Reserve .

**TIME 04:05:22**

**PACE 14:25/km**  
**OVERALL 66 of 67**

**GENDER 25 of 26**  
**40 - 49 14 of 15**

08 March 2026, Sun

Date



*BoutTime*

Signature

