

CERTIFICATE OF PARTICIPATION

This is to certify that

Frieda Barnard

Has successfully participated & completed the

42km Road Race Knysna Cycle Tour 2026 (Road)

held at Knysna High School Sports Fields.

TIME 02:57:02

PACE 14.23km/h

GENDER 39 of 45

OVERALL 171 of 203

**VETERAN (40- 8 of 10
49)**



12 July 2026, Sun

Date



BoutTime

Signature