



CERTIFICATE OF PARTICIPATION

This is to certify that

**Liza Posthumus-
Stemmett**

Has successfully participated & completed the

5km Stap Die Groot Stap

held at Die Bosveld.

TIME 01:20:44

PACE 16:07/km

OVERALL 82 of 199

GENDER 47 of 118

40 - 49 18 of 30

08 November 2025, Sat

Date



BoutTime

Signature

