

CERTIFICATE OF PARTICIPATION

This is to certify that

Lizette Nieman

Has successfully participated & completed the

10km Fancourt 10km Run Walk

held at The Ridge, George.

OFFICIAL TIME 01:19:07

Mat-To-Mat Time 01:19:07

PACE 07:54/km

GENDER 140 of
280

OVERALL 281 of 500

40+ 33 of 61



19 December 2025, Fri

Date

Signature



BoutTime