

CERTIFICATE OF PARTICIPATION

This is to certify that

Frances Lizar

Has successfully participated & completed the

16 Mile Green Mile Helpers Run

held at Sport Park Complex.

TIME 03:06:21

PACE 07:45/km

GENDER 6 of 7

OVERALL 18 of 21

50+ 1 of 1

21 March 2019, Thu

Date



BoutTime

Signature

