





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

08 November 2025, Sat

Date

GENDER 47 of 118

40 - 49 18 of 30



