

## **CERTIFICATE**

## OF PARTICIPATION

This is to certify that

## **Arno Crous**

Has successfully participated & completed the

10km The Fair Cape Cares Foundation Trail Run

held at Fair Cape Farm, Durbanville.

**TIME** 01:05:53

**PACE** 06:34/km

**OVERALL** 77 of 261

**GENDER** 49 of 89

**OPEN** 20 of 30

13 September 2025, Sat

Date



Bout Time