

CERTIFICATE OF PARTICIPATION

This is to certify that

Carel Appolis

Has successfully participated & completed the

5km The Fair Cape Cares Foundation Trail Run

held at Fair Cape Farm, Durbanville.

TIME 00:52:02

PACE 10:24/km

GENDER 51 of 76

OVERALL 162 of 285

60 - 69 5 of 8

13 September 2025, Sat

Date



BoutTime

Signature

