

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## Fernando De Sousa

Has successfully participated & completed the

18km The Fair Cape Cares Foundation Trail Run

held at Fair Cape Farm, Durbanville.

**TIME** 01:43:18

**PACE** 05:43/km

**OVERALL** 37 of 105

**GENDER** 31 of 61

**50 - 59** 5 of 8

13 September 2025, Sat

Date



BoutTime