

CERTIFICATE OF PARTICIPATION

This is to certify that

Ingrid Crowder

Has successfully participated & completed the

10km The Fair Cape Cares Foundation Trail Run

held at Fair Cape Farm, Durbanville.

TIME 01:20:13

PACE 08:00/km

GENDER 70 of 172

OVERALL 138 of 261

50 - 59 19 of 37

13 September 2025, Sat

Date



BoutTime

Signature

