

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Jan Emmenis**

Has successfully participated & completed the

**5km The Fair Cape Cares Foundation Trail Run**

held at Fair Cape Farm, Durbanville.

**TIME 00:43:37**

**PACE 08:42/km**

**GENDER 36 of 76**

**OVERALL 108 of 285**

**50 - 59 8 of 19**

13 September 2025, Sat

Date



*BoutTime*

Signature

