

# CERTIFICATE OF PARTICIPATION

This is to certify that

**John Allies**

Has successfully participated & completed the  
**10km The Fair Cape Cares Foundation Trail Run**  
held at Fair Cape Farm, Durbanville.

**TIME 01:21:23**

**PACE 08:07/km**  
**OVERALL 148 of 261**

**GENDER 71 of 89**  
**60 - 69 8 of 10**

13 September 2025, Sat  
Date



BoutTime  
Signature

