

CERTIFICATE OF PARTICIPATION

This is to certify that

Lara Idowu

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

TIME 01:46:39

PACE 10:39/km

GENDER 147 of 172

OVERALL 231 of 261

OPEN 59 of 68

13 September 2025, Sat

Date



BoutTime

Signature

