

# CERTIFICATE OF PARTICIPATION

This is to certify that

## Lavona Allies

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

**TIME 01:21:22**

**PACE 08:07/km**  
**OVERALL 147 of 261**

**GENDER 77 of 172**  
**60 - 69 5 of 11**

13 September 2025, Sat

Date



*BoutTime*

Signature

