

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Liezel De Beer**

Has successfully participated & completed the  
**5km Trail Run Cool Intentions Charity Trail Run**

held at Anura Wine Estate.

**TIME 01:00:03**

**PACE 12:00/km**  
**OVERALL 93 of 145**

**GENDER 45 of 80**  
**50 - 59 8 of 18**

15 November 2025, Sat

Date



*BoutTime*

Signature

