

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Lizelle Esilva**

Has successfully participated & completed the  
**5km The Fair Cape Cares Foundation Trail Run**  
held at Fair Cape Farm, Durbanville.

**TIME 00:45:47**

**PACE 09:09/km**  
**OVERALL 122 of 285**

**GENDER 82 of 209**  
**40 - 49 13 of 46**

13 September 2025, Sat  
Date



*BoutTime*  
Signature

