

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Michael Rissik**

Has successfully participated & completed the  
**18km The Fair Cape Cares Foundation Trail Run**  
held at Fair Cape Farm, Durbanville.

**TIME 02:04:15**

**PACE 06:54/km**  
**OVERALL 88 of 105**

**GENDER 53 of 61**  
**OPEN 24 of 26**

13 September 2025, Sat

Date



*BoutTime*

Signature

