

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Natasha Sheldon**

Has successfully participated & completed the

**5km The Fair Cape Cares Foundation Trail Run**

held at Fair Cape Farm, Durbanville.

**TIME 01:02:12**

**PACE 12:25/km**

**GENDER 182 of  
209**

**OVERALL 251 of 285**

**40 - 49 38 of 46**

13 September 2025, Sat

Date



*BoutTime*

Signature

