

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Seamus Casserley**

Has successfully participated & completed the

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

held at Fair Cape Farm, Durbanville.

**TIME 00:29:24**

**PACE 05:51/km**

**OVERALL 19 of 285**

**GENDER 11 of 76**

**50 - 59 2 of 19**

13 September 2025, Sat

Date



*BoutTime*

Signature

