

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Sean Gargan**

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

**TIME 01:57:50**

**PACE 06:31/km**  
**OVERALL 74 of 105**

**GENDER 48 of 61**  
**40 - 49 16 of 22**

13 September 2025, Sat

Date



*BoutTime*

Signature

