

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Sean Nel**

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

**TIME 02:00:11**

**PACE 06:39/km**  
**OVERALL 83 of 105**

**GENDER 51 of 61**  
**40 - 49 18 of 22**

13 September 2025, Sat

Date



*BoutTime*

Signature

