

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Sias Fredericks**

Has successfully participated & completed the

**10km The Fair Cape Cares Foundation Trail Run**

held at Fair Cape Farm, Durbanville.

**TIME 00:49:44**

**PACE 04:57/km**

**OVERALL 9 of 261**

**GENDER 9 of 89**

**40 - 49 1 of 21**

13 September 2025, Sat

Date



*BoutTime*

Signature

