

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Terence Abrahams**

Has successfully participated & completed the

**Self Seeded Race (Men) 44km Alchemy Time Trail**

held at Plot 116, Springbok Road.

**TIME 01:16:06**

**PACE 34.69km/h**

**GENDER 5 of 9**

**OVERALL 5 of 9**

**VETERAN (40- 1 of 4  
49)**



28 September 2025, Sun

Date



*BoutTime*

Signature