

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Tinus De Grijs**

Has successfully participated & completed the  
**5km Trail Run Cool Intentions Charity Trail Run**

held at Anura Wine Estate.

**TIME 01:11:03**

**PACE 14:12/km**  
**OVERALL 124 of 145**

**GENDER 56 of 65**  
**OPEN 20 of 24**

15 November 2025, Sat

Date



*BoutTime*

Signature

