

# CERTIFICATE OF PARTICIPATION

This is to certify that

**redmund nel**

Has successfully participated & completed the

**5km The Fair Cape Cares Foundation Trail Run**

held at Fair Cape Farm, Durbanville.

**TIME 00:39:57**

**PACE 07:58/km**

**OVERALL 76 of 285**

**GENDER 30 of 76**

**50 - 59 7 of 19**

13 September 2025, Sat

Date



*BoutTime*

Signature

