

CERTIFICATE OF PARTICIPATION

This is to certify that

Elmé Middlemost

Has successfully participated & completed the

21km Cape Prestige Trail Run #3

held at Delheim Wine Estate.

TIME 01:45:25

PACE 05:00/km

GENDER 1 of 9

OVERALL 2 of 30

40 - 49 1 of 3

23 November 2024, Sat

Date



BoutTime

Signature

