

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Lara Du Plessis**

Has successfully participated & completed the

**21km Cape Prestige Trail Run #3**

held at Delheim Wine Estate.

**TIME 02:51:48**

**PACE 08:09/km**

**GENDER 7 of 9**

**OVERALL 25 of 30**

**OPEN 3 of 4**

23 November 2024, Sat

Date



*BoutTime*

Signature

