

CERTIFICATE OF PARTICIPATION

This is to certify that

Sheila Marais

Has successfully participated & completed the

10km Run/Walk Mistico Breakfast Run/Walk

held at Mistico, Cape Town.

OFFICIAL TIME 00:58:01

Mat-To-Mat Time 00:58:01

PACE 05:48/km

OVERALL 12 of 44

GENDER 3 of 22

OPEN 2 of 7



13 December 2025, Sat

Date

Signature

