

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Helma Nel**

Has successfully participated & completed the  
**15km Prestige Run Run Theuniskraal Trail Run**  
held at Theuniskraal Wines.

**TIME 02:09:01**

**PACE 08:36/km**  
**OVERALL 20 of 27**

**GENDER 10 of 13**  
**50 - 59 4 of 5**

28 June 2025, Sat

Date



*BoutTime*

Signature

