

CERTIFICATE OF PARTICIPATION

This is to certify that

Terence Abrahams

Has successfully participated & completed the

Self Seeded Race (Men) 44km Alchemy Time Trail

held at Plot 116, Springbok Road.

TIME 01:16:06

PACE 34.69km/h

GENDER 5 of 9

OVERALL 5 of 9

**VETERAN (40- 1 of 4
49)**



28 September 2025, Sun

Date



BoutTime

Signature