

CERTIFICATE

OF PARTICIPATION

This is to certify that

Tinus De Grijs

Has successfully participated & completed the

5km Trail Run Cool Intentions Charity Trail Run

held at Anura Wine Esate.

TIME 01:11:03

PACE 14:12/km

OVERALL 124 of 145

Q

GENDER 56 of 65

OPEN 20 of 24

15 November 2025, Sat

Date



Signature