

CERTIFICATE

OF PARTICIPATION

This is to certify that

Adrian Foster

Has successfully participated & completed the

2.5km #IAmAble Fun Run 2025

held at Alta du Toit School, Cape Town.

TIME 01:06:00

PACE 22:00/km

OVERALL 51 of 80

20 September 2025, Sat

Date

GENDER 15 of 25

40 - 49 2 of 4



Bout Time

Signature