

CERTIFICATE OF PARTICIPATION

This is to certify that

Ariza De Vlam

Has successfully participated & completed the

5km #IAmAble Fun Run 2025

held at Alta du Toit School, Cape Town.

TIME 01:10:01

PACE 14:00/km

GENDER 92 of 156

OVERALL 147 of 248

OPEN 31 of 58

20 September 2025, Sat

Date



BoutTime

Signature

