

CERTIFICATE OF PARTICIPATION

This is to certify that

Carin De Vlam

Has successfully participated & completed the

5km #IAmAble Fun Run 2025

held at Alta du Toit School, Cape Town.

TIME 00:38:18

PACE 07:39/km

OVERALL 47 of 248

GENDER 26 of 156

OPEN 9 of 58

20 September 2025, Sat

Date



BoutTime

Signature

