

CERTIFICATE OF PARTICIPATION

This is to certify that

Fredre Groenewald

Has successfully participated & completed the

5km #IAmAble Fun Run 2025

held at Alta du Toit School, Cape Town.

TIME 00:48:51

PACE 09:45/km

OVERALL 87 of 248

GENDER 54 of 156

40 - 49 16 of 33

20 September 2025, Sat

Date



BoutTime

Signature

