

CERTIFICATE OF PARTICIPATION

This is to certify that

Lida Conradie

Has successfully participated & completed the

5km #IAmAble Fun Run 2025

held at Alta du Toit School, Cape Town.

TIME 00:35:05

PACE 07:00/km

OVERALL 37 of 248

GENDER 19 of 156

40 - 49 7 of 33

20 September 2025, Sat

Date



BoutTime

Signature

