

CERTIFICATE OF PARTICIPATION

This is to certify that

**Nadia Jones De
Vlam**

Has successfully participated & completed the

5km #IAmAble Fun Run 2025

held at Alta du Toit School, Cape Town.

TIME 00:29:15

PACE 05:51/km

OVERALL 13 of 248

GENDER 5 of 156

OPEN 3 of 58

20 September 2025, Sat

Date



BoutTime

Signature

