

CERTIFICATE OF PARTICIPATION

This is to certify that

Nomso Ngewu

Has successfully participated & completed the

5km #IAmAble Fun Run 2025

held at Alta du Toit School, Cape Town.

TIME 01:09:18

PACE 13:51/km

GENDER 89 of 156

OVERALL 142 of 248

40 - 49 23 of 33

20 September 2025, Sat

Date



BoutTime

Signature

