

CERTIFICATE OF PARTICIPATION

This is to certify that

Syrien Laning

Has successfully participated & completed the

5km #IAmAble Fun Run 2025

held at Alta du Toit School, Cape Town.

TIME 00:30:29

PACE 06:04/km

OVERALL 21 of 248

GENDER 8 of 156

40 - 49 2 of 33

20 September 2025, Sat

Date



BoutTime

Signature

