

CERTIFICATE OF PARTICIPATION

This is to certify that

Tristan Frantz

Has successfully participated & completed the

5km #IAmAble Fun Run 2025

held at Alta du Toit School, Cape Town.

TIME 01:09:54

PACE 13:57/km

GENDER 55 of 92

OVERALL 145 of 248

< 13 9 of 13

20 September 2025, Sat

Date



BoutTime

Signature

