

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Carl Morrow**

Has successfully participated & completed the  
**10km Adult Running for Transformation 2025**

held at SACS, Newlands Avenue.

**TIME 01:11:53**

**PACE 07:10/km**

**GENDER 124 of  
215**

**OVERALL 193 of 494**

**50 - 59 15 of 32**

16 June 2025, Mon

Date



*BoutTime*

Signature

