

CERTIFICATE OF PARTICIPATION

This is to certify that

Ian Rist

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

held at SACS, Newlands Avenue.

TIME 00:56:22

PACE 05:37/km
OVERALL 56 of 494

GENDER 43 of 215
40 - 49 8 of 48

16 June 2025, Mon

Date



BoutTime

Signature

