

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Ingrid Theys**

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

held at SACS, Newlands Avenue.

**TIME 01:29:27**

**PACE 08:55/km**

**GENDER 158 of  
279**

**OVERALL 328 of 494**

**60 - 69 8 of 23**

16 June 2025, Mon

Date



*BoutTime*

Signature

