

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Michael Dowries**

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

held at SACS, Newlands Avenue.

**TIME 01:01:56**

**PACE 06:10/km**  
**OVERALL 104 of 494**

**GENDER 78 of 215**  
**OPEN 46 of 111**

16 June 2025, Mon

Date



*BoutTime*

Signature

