

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Richard Hook**

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

held at SACS, Newlands Avenue.

**TIME 01:10:25**

**PACE 07:01/km**  
**OVERALL 181 of 494**

**GENDER 117 of 215**  
**70 - 79 1 of 3**

16 June 2025, Mon

Date



*BoutTime*

Signature

