

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Elscha Tintinger**

Has successfully participated & completed the  
**10km Adult Running for Transformation 2026**

held at SACS, Newlands Avenue.

**TIME 01:20:32**

**PACE 08:03/km**

**GENDER 163 of  
331**

**OVERALL 337 of 554**

**OPEN 96 of 180**

16 June 2026, Tue

Date



*BoutTime*

Signature

