

CERTIFICATE OF PARTICIPATION

This is to certify that

Ingrid Caris

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

held at SACS, Newlands Avenue.

TIME 01:02:35

PACE 06:15/km

GENDER 49 of 331

OVERALL 150 of 554

40 - 49 11 of 80

16 June 2026, Tue

Date



BoutTime

Signature

