

CERTIFICATE OF PARTICIPATION

This is to certify that

Ingrid Theys

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

held at SACS, Newlands Avenue.

TIME 01:08:27

PACE 06:49/km

GENDER 82 of 331

OVERALL 210 of 554

60 - 69 3 of 20

16 June 2026, Tue

Date



BoutTime

Signature

