

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Lionel De Nicola**

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

held at SACS, Newlands Avenue.

**TIME 01:09:51**

**PACE 06:58/km**

**GENDER 139 of  
223**

**OVERALL 235 of 554**

**60 - 69 13 of 22**

16 June 2026, Tue

Date



*BoutTime*

Signature

