

# CERTIFICATE OF PARTICIPATION

This is to certify that

## Spenser Arendse

Has successfully participated & completed the

**5km Adult Running for Transformation 2026**

held at SACS, Newlands Avenue.

**TIME 00:49:44**

**PACE 09:55/km**

**GENDER 46 of 74**

**OVERALL 121 of 266**

**OPEN 24 of 39**

16 June 2026, Tue

Date



*BoutTime*

Signature

