

## **CERTIFICATE**

## OF PARTICIPATION

This is to certify that

## Sean Mcilwaine

Has successfully participated & completed the

5km Shift Wellness - Summer Trail Run

held at Walter Sisulu Garden.

**TIME** 00:33:42

**PACE** 06:43/km

**OVERALL** 10 of 114

**GENDER** 9 of 42

**OPEN** 8 of 18

27 January 2019, Sun

Date





Signature