

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## Michelle Carlisle

Has successfully participated & completed the

5km Shift Wellness - Summer Trail Run

held at Walter Sisulu Garden.

**TIME** 01:00:48

**PACE** 12:09/km

**OVERALL** 75 of 114

**GENDER** 43 of 72

**OPEN** 22 of 34

27 January 2019, Sun

Date

