

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Denise Carlisle**

Has successfully participated & completed the  
**5km Shift Wellness - Summer Trail Run**  
held at Walter Sisulu Garden.

**TIME 00:52:57**

**PACE 10:34/km**  
**OVERALL 48 of 114**

**GENDER 25 of 72**  
**50 - 59 4 of 10**

27 January 2019, Sun

Date



*BoutTime*

Signature

