

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Debbie Ward fritz**

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

**TIME 00:35:41**

**PACE 07:07/km**  
**OVERALL 13 of 114**

**GENDER 3 of 72**  
**40 - 49 1 of 16**

27 January 2019, Sun

Date



*BoutTime*

Signature

