

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Idabell Crosby**

Has successfully participated & completed the  
**8km Shift Wellness - Trail Run, The Shift Series**  
held at Walter Sisulu Garden.

**TIME 01:36:52**

**PACE 12:06/km**  
**OVERALL 111 of 166**

**GENDER 50 of 88**  
**40 - 49 10 of 18**

23 June 2019, Sun

Date



*BoutTime*

Signature

