

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Tinus Strydom**

Has successfully participated & completed the  
**8km Shift Wellness - Trail Run, The Shift Series**

held at Walter Sisulu Garden.

**TIME 02:13:50**

**PACE 16:42/km**  
**OVERALL 148 of 166**

**GENDER 71 of 78**  
**40 - 49 21 of 21**

23 June 2019, Sun

Date



*BoutTime*

Signature

