

## **CERTIFICATE**

## OF PARTICIPATION

This is to certify that

## Lois Martin

Has successfully participated & completed the

13km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

**TIME** 01:36:54

**PACE** 07:27/km

**OVERALL** 35 of 149

**GENDER** 28 of 79

**OPEN** 14 of 40

23 June 2019, Sun

Date



BoutTime