

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Charles Marais**

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

held at Walter Sisulu Garden.

**TIME 01:41:05**

**PACE 12:37/km**  
**OVERALL 120 of 166**

**GENDER 65 of 78**  
**60 - 69 3 of 4**

23 June 2019, Sun

Date



*BoutTime*

Signature

