

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Lisa Cawdry**

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

**TIME 01:36:53**

**PACE 12:06/km**  
**OVERALL 112 of 166**

**GENDER 51 of 88**  
**OPEN 33 of 51**

23 June 2019, Sun

Date



*BoutTime*

Signature

