

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Raul Ferreira**

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

held at Walter Sisulu Garden.

**TIME 01:02:49**

**PACE 07:51/km**  
**OVERALL 11 of 166**

**GENDER 9 of 78**  
**OPEN 6 of 40**

23 June 2019, Sun

Date



*BoutTime*

Signature

