

## **CERTIFICATE**

## OF PARTICIPATION

This is to certify that

## Deona Allan

Has successfully participated & completed the

13km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

**TIME** 02:19:04

**PACE** 10:40/km

**OVERALL** 125 of 149

23 June 2019, Sun

Date

**GENDER** 51 of 70

50 - 59 6 of 11

BoutTime

Signature