

CERTIFICATE OF PARTICIPATION

This is to certify that

Keith Forrester

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

TIME 02:00:32

PACE 15:03/km
OVERALL 138 of 166

GENDER 67 of 78
60 - 69 4 of 4

23 June 2019, Sun

Date



BoutTime

Signature

