

CERTIFICATE OF PARTICIPATION

This is to certify that

Phyllis de Fouw

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

TIME 00:57:29

PACE 07:10/km
OVERALL 4 of 166

GENDER 1 of 88
40 - 49 1 of 18

23 June 2019, Sun

Date



BoutTime

Signature

