

CERTIFICATE

OF PARTICIPATION

This is to certify that

Quintin Scheepers

Has successfully participated & completed the

13km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

TIME 01:58:51

PACE 09:07/km

OVERALL 96 of 149

GENDER 63 of 79

OPEN 33 of 40

23 June 2019, Sun

Date



BoutTime