

CERTIFICATE OF PARTICIPATION

This is to certify that

Michael Cook

Has successfully participated & completed the

13km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

TIME 01:38:45

PACE 07:34/km

OVERALL 36 of 149

GENDER 29 of 79

40 - 49 12 of 25

23 June 2019, Sun

Date



BoutTime

Signature

