

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Tobie van der Poel**

Has successfully participated & completed the

**13km Shift Wellness - Trail Run, The Shift Series**

held at Walter Sisulu Garden.

**TIME 02:03:43**

**PACE 09:30/km**

**GENDER 67 of 79**

**OVERALL 106 of 149**

**40 - 49 23 of 25**

23 June 2019, Sun

Date



*BoutTime*

Signature

