

CERTIFICATE OF PARTICIPATION

This is to certify that

**Mbongiseni
Makhado**

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

TIME 02:22:28

PACE 17:48/km
OVERALL 161 of 166

GENDER 76 of 78
OPEN 39 of 40

23 June 2019, Sun

Date



BoutTime

Signature

