

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Richard Bewsey**

Has successfully participated & completed the

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

held at Walter Sisulu Garden.

**TIME 01:49:36**

**PACE 08:24/km**

**OVERALL 73 of 149**

**GENDER 54 of 79**

**50 - 59 5 of 10**

23 June 2019, Sun

Date



*BoutTime*

Signature

