

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## Laura Beamish

Has successfully participated & completed the

13km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

**TIME** 01:43:57

**PACE** 07:58/km

**OVERALL** 56 of 149

**GENDER** 13 of 70

**OPEN** 8 of 27

23 June 2019, Sun

Date



Bout Time