

CERTIFICATE OF PARTICIPATION

This is to certify that

Ina Beamish

Has successfully participated & completed the

13km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

TIME 02:42:46

PACE 12:30/km

GENDER 61 of 70

OVERALL 140 of 149

50 - 59 9 of 11

23 June 2019, Sun

Date



BoutTime

Signature

