

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Gillian Cruse**

Has successfully participated & completed the

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

held at Walter Sisulu Garden.

**TIME 01:56:19**

**PACE 08:55/km**

**OVERALL 90 of 149**

**GENDER 31 of 70**

**40 - 49 10 of 28**

23 June 2019, Sun

Date



*BoutTime*

Signature

