

CERTIFICATE OF PARTICIPATION

This is to certify that

Michael Dale

Has successfully participated & completed the
8km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

TIME 01:14:49

PACE 09:21/km
OVERALL 39 of 166

GENDER 29 of 78
40 - 49 7 of 21

23 June 2019, Sun

Date



BoutTime

Signature

