

# CERTIFICATE OF PARTICIPATION

This is to certify that

**karin mcdonald**

Has successfully participated & completed the

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

held at Walter Sisulu Garden.

**TIME 02:13:18**

**PACE 10:15/km**

**GENDER 48 of 70**

**OVERALL 120 of 149**

**40 - 49 21 of 28**

23 June 2019, Sun

Date



*BoutTime*

Signature

