

CERTIFICATE OF PARTICIPATION

This is to certify that

Carna Koch

Has successfully participated & completed the

13km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

TIME 01:19:11

PACE 06:04/km

OVERALL 7 of 149

GENDER 1 of 70

OPEN 1 of 27

23 June 2019, Sun

Date



BoutTime

Signature

