

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## Idabell Crosby

Has successfully participated & completed the

8km Shift Wellness - Winter Wellness Trail Series

held at Walter Sisulu Garden.

**TIME** 01:35:33

**PACE** 11:55/km

**OVERALL** 33 of 47

**GENDER** 14 of 25

**40 - 49** 2 of 5

21 July 2019, Sun

Date



Bout Time
Signature