

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Ian Crosby**

Has successfully participated & completed the

**8km Shift Wellness - Winter Wellness Trail Series**

held at Walter Sisulu Garden.

**TIME 01:12:12**

**PACE 09:00/km**

**OVERALL 14 of 47**

**GENDER 11 of 22**

**40 - 49 7 of 9**

21 July 2019, Sun

Date



*BoutTime*

Signature

