

CERTIFICATE OF PARTICIPATION

This is to certify that

Henk Gouws

Has successfully participated & completed the

8km Shift Wellness - Winter Wellness Trail Series

held at Walter Sisulu Garden.

TIME 01:08:53

PACE 08:36/km

OVERALL 10 of 47

GENDER 9 of 22

40 - 49 5 of 9

21 July 2019, Sun

Date



BoutTime

Signature

