

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Abraham Smit**

Has successfully participated & completed the  
**13km Shift Wellness - Winter Wellness Trail Series**  
held at Walter Sisulu Garden.

**TIME 01:17:16**

**PACE 05:55/km**  
**OVERALL 4 of 59**

**GENDER 4 of 40**  
**OPEN 4 of 19**

21 July 2019, Sun

Date



*BoutTime*

Signature

