



RUN FOR
Mental Health

Rhythm Run - Trail Run

1 July 2023

Doran Vineyards,
Paarl, Western Cape

Distances: 5km, 10km, 17km



CERTIFICATE OF PARTICIPATION

This is to certify that

Shawn Bester

Has successfully participated & completed the

10km Rhythm Run

held at TBA.

TIME 01:02:58

PACE 06:16/km

OVERALL 19 of 68

GENDER 10 of 27

40 - 49 3 of 5

01 July 2023, Sat

Date



BoutTime

Signature

