

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Sheila Joseph**

Has successfully participated & completed the  
**5km Run/Walk Mistico Breakfast Run/Walk**  
held at Mistico, Cape Town.

**TIME 00:50:56**

**PACE 10:10/km**  
**OVERALL 27 of 36**

**GENDER 12 of 19**  
**80 - 89 1 of 1**

13 December 2025, Sat

Date



*BoutTime*

Signature

