

CERTIFICATE

OF PARTICIPATION

This is to certify that

James Wood

Has successfully participated & completed the

13km Shift Wellness - Summer Trail Run

held at Walter Sisulu Garden.

TIME 01:41:46

PACE 07:48/km

OVERALL 44 of 108

GENDER 35 of 69

40 - 49 15 of 30

27 January 2019, Sun

Date



BoutTime

Signature