

CERTIFICATE OF PARTICIPATION

This is to certify that

Lara Crawford

Has successfully participated & completed the
8km Shift Wellness - Trail Run, The Shift Series
held at Walter Sisulu Garden.

TIME 01:27:18

PACE 10:54/km
OVERALL 88 of 166

GENDER 35 of 88
OPEN 27 of 51

23 June 2019, Sun

Date



BoutTime

Signature

