

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Michelle Koch**

Has successfully participated & completed the  
**8km Shift Wellness - Trail Run, The Shift Series**

held at Walter Sisulu Garden.

**TIME 01:33:11**

**PACE 11:37/km**  
**OVERALL 104 of 166**

**GENDER 45 of 88**  
**OPEN 30 of 51**

23 June 2019, Sun

Date



*BoutTime*

Signature

