

CERTIFICATE OF PARTICIPATION

This is to certify that

Rhyn Promnitz

Has successfully participated & completed the

13km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

TIME 01:45:00

PACE 08:03/km

OVERALL 60 of 149

GENDER 46 of 79

40 - 49 17 of 25

23 June 2019, Sun

Date



BoutTime

Signature

