

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Phyllis de Fouw**

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

**TIME 00:57:29**

**PACE 07:10/km**  
**OVERALL 4 of 166**

**GENDER 1 of 88**  
**40 - 49 1 of 18**

23 June 2019, Sun

Date



*BoutTime*

Signature

