

CERTIFICATE OF PARTICIPATION

This is to certify that

Tobie van der Poel

Has successfully participated & completed the

13km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

TIME 02:03:43

PACE 09:30/km

GENDER 67 of 79

OVERALL 106 of 149

40 - 49 23 of 25

23 June 2019, Sun

Date



BoutTime

Signature

