

CERTIFICATE OF PARTICIPATION

This is to certify that

Jo Sfarnas

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

TIME 01:57:22

PACE 14:39/km
OVERALL 136 of 166

GENDER 70 of 88
50 - 59 6 of 10

23 June 2019, Sun

Date



BoutTime

Signature

