

## **CERTIFICATE** OF PARTICIPATION

This is to certify that

## **Marco Freitas**

Has successfully participated & completed the

13km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

## **TIME** 01:43:47

**PACE** 07:58/km **OVERALL** 53 of 149

**GENDER** 41 of 79 **40 - 49** 15 of 25



outTime

Signature

Date