

CERTIFICATE OF PARTICIPATION

This is to certify that

Francois Koch

Has successfully participated & completed the

13km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

TIME 01:41:30

PACE 07:48/km

OVERALL 43 of 149

GENDER 35 of 79

OPEN 20 of 40

23 June 2019, Sun

Date



BoutTime

Signature

