

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Izak Grove**

Has successfully participated & completed the  
**13km Shift Wellness - Winter Wellness Trail Series**  
held at Walter Sisulu Garden.

**TIME 01:53:47**

**PACE 08:45/km**  
**OVERALL 39 of 59**

**GENDER 34 of 40**  
**OPEN 17 of 19**

21 July 2019, Sun

Date



*BoutTime*

Signature

