

CERTIFICATE OF PARTICIPATION

This is to certify that

Jaco Van Heerden

Has successfully participated & completed the

13km Shift Wellness - Winter Wellness Trail Series

held at Walter Sisulu Garden.

TIME 01:42:44

PACE 07:54/km

OVERALL 24 of 59

GENDER 21 of 40

50 - 59 4 of 6

21 July 2019, Sun

Date



BoutTime

Signature

