

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Francois Koch**

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

**TIME 01:34:24**

**PACE 07:15/km**  
**OVERALL 33 of 108**

**GENDER 26 of 69**  
**OPEN 14 of 27**

27 January 2019, Sun

Date



*BoutTime*

Signature

