

# CERTIFICATE OF PARTICIPATION

This is to certify that

**James Wood**

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

**TIME 01:41:46**

**PACE 07:48/km**  
**OVERALL 44 of 108**

**GENDER 35 of 69**  
**40 - 49 15 of 30**

27 January 2019, Sun

Date



*BoutTime*

Signature

