

CERTIFICATE

OF PARTICIPATION

This is to certify that

palesa matsuma

Has successfully participated & completed the

13km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

TIME 02:06:07

PACE 09:42/km

OVERALL 107 of 149

GENDER 40 of 70

40 - 49 17 of 28

23 June 2019, Sun

Date



Bout Time

Signature