

# CERTIFICATE OF PARTICIPATION

This is to certify that

**John Nixon**

Has successfully participated & completed the

**13km Shift Wellness - Trail Run, The Shift Series**

held at Walter Sisulu Garden.

**TIME 01:33:19**

**PACE 07:09/km**

**OVERALL 20 of 149**

**GENDER 16 of 79**

**40 - 49 4 of 25**

23 June 2019, Sun

Date



*BoutTime*

Signature

