

CERTIFICATE OF PARTICIPATION

This is to certify that

Carmel Joseph

Has successfully participated & completed the

13km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

TIME 02:45:01

PACE 12:40/km

GENDER 66 of 70

OVERALL 145 of 149

40 - 49 28 of 28

23 June 2019, Sun

Date



BoutTime

Signature

