

CERTIFICATE OF PARTICIPATION

This is to certify that

Karen Chambers

Has successfully participated & completed the

13km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

TIME 02:43:20

PACE 12:33/km

GENDER 64 of 70

OVERALL 143 of 149

50 - 59 10 of 11

23 June 2019, Sun

Date



BoutTime

Signature

