

CERTIFICATE OF PARTICIPATION

This is to certify that

Sarah Hargreaves

Has successfully participated & completed the

5km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

TIME 00:55:45

PACE 11:09/km

OVERALL 60 of 97

GENDER 34 of 66

OPEN 19 of 30

23 June 2019, Sun

Date



BoutTime

Signature

