

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Keith Forrester**

Has successfully participated & completed the  
**8km Shift Wellness - Trail Run, The Shift Series**  
held at Walter Sisulu Garden.

**TIME 02:00:32**

**PACE 15:03/km**  
**OVERALL 138 of 166**

**GENDER 67 of 78**  
**60 - 69 4 of 4**

23 June 2019, Sun

Date



*BoutTime*

Signature

