

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Rhyn Promnitz**

Has successfully participated & completed the

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

held at Walter Sisulu Garden.

**TIME 01:45:00**

**PACE 08:03/km**

**OVERALL 60 of 149**

**GENDER 46 of 79**

**40 - 49 17 of 25**

23 June 2019, Sun

Date



*BoutTime*

Signature

