

CERTIFICATE

OF PARTICIPATION

This is to certify that

Deborah Allen

Has successfully participated & completed the

8km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

TIME 01:49:50

PACE 13:42/km

OVERALL 129 of 166

23 June 2019, Sun

Date

GENDER 63 of 88

40 - 49 14 of 18

Bout Time

Signature