

## **CERTIFICATE** OF PARTICIPATION

This is to certify that

## **Dale Towert**

Has successfully participated & completed the

13km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

## TIME 01:42:21

**PACE** 07:51/km **OVERALL** 48 of 149

**GENDER** 38 of 79 **40 - 49** 14 of 25



Date

outLime

Signature