

CERTIFICATE OF PARTICIPATION

This is to certify that

Megan Parmenter

Has successfully participated & completed the

13km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

TIME 01:48:26

PACE 08:19/km

GENDER 16 of 70

OVERALL 64 of 149

OPEN 11 of 27

23 June 2019, Sun

Date



BoutTime

Signature

