

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Erica Humphries**

Has successfully participated & completed the

**5km Shift Wellness - Trail Run, The Shift Series**

held at Walter Sisulu Garden.

**TIME 01:07:14**

**PACE 13:25/km**

**OVERALL 80 of 97**

**GENDER 51 of 66**

**40 - 49 8 of 9**

23 June 2019, Sun

Date



*BoutTime*

Signature

