

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Phumla Mhlanga**

Has successfully participated & completed the

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

held at Walter Sisulu Garden.

**TIME 02:31:08**

**PACE 11:36/km**

**GENDER 56 of 70**

**OVERALL 135 of 149**

**OPEN 22 of 27**

23 June 2019, Sun

Date



*BoutTime*

Signature

