

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## **David McConnell**

Has successfully participated & completed the

13km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

**TIME** 01:43:28

**PACE** 07:57/km

**OVERALL** 51 of 149

**GENDER** 39 of 79

**OPEN** 21 of 40

23 June 2019, Sun

Date



