

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Tamaryn Adendorff**

Has successfully participated & completed the

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

held at Walter Sisulu Garden.

**TIME 01:12:07**

**PACE 14:24/km**

**OVERALL 90 of 97**

**GENDER 59 of 66**

**OPEN 29 of 30**

23 June 2019, Sun

Date



*BoutTime*

Signature

