

## CERTIFICATE **OF PARTICIPATION**

This is to certify that

## joanne richards

Has successfully participated & completed the

5km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

## **TIME** 00:42:12

**PACE** 08:25/km OVERALL 29 of 97

**GENDER** 13 of 66 **OPEN** 10 of 30

outLime

23 June 2019, Sun Date