

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Anthony Abbot**

Has successfully participated & completed the  
**5km Shift Wellness - Trail Run, The Shift Series**  
held at Walter Sisulu Garden.

**TIME 00:31:10**

**PACE 06:13/km**  
**OVERALL 4 of 97**

**GENDER 3 of 31**  
**50 - 59 1 of 5**

23 June 2019, Sun

Date



*BoutTime*

Signature

