

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## Jeremy Holdcroft

Has successfully participated & completed the

13km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

**TIME** 01:26:52

**PACE** 06:39/km

**OVERALL** 11 of 149

**GENDER** 9 of 79

**OPEN** 7 of 40

23 June 2019, Sun

Date



BoutTime

Signature