

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## **Brian Holmes**

Has successfully participated & completed the

13km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

**TIME** 01:35:17

**PACE** 07:18/km

**OVERALL** 27 of 149

**GENDER** 23 of 79

**40 - 49** 8 of 25

23 June 2019, Sun

Date



Bout Time
Signature