

## **CERTIFICATE**

## OF PARTICIPATION

This is to certify that

## Charles Bodenstein

Has successfully participated & completed the

8km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

**TIME** 01:41:22

**PACE** 12:39/km

**OVERALL** 121 of 166

**GENDER** 66 of 78

50 - 59 6 of 11

23 June 2019, Sun

Date



BoutTime