

CERTIFICATE OF PARTICIPATION

This is to certify that

karin mcdonald

Has successfully participated & completed the

13km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

TIME 02:13:18

PACE 10:15/km

GENDER 48 of 70

OVERALL 120 of 149

40 - 49 21 of 28

23 June 2019, Sun

Date



BoutTime

Signature

