

CERTIFICATE OF PARTICIPATION

This is to certify that

James Mcdonald

Has successfully participated & completed the

5km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

TIME 00:45:18

PACE 09:03/km

OVERALL 33 of 97

GENDER 18 of 31

14 - 19 1 of 3

23 June 2019, Sun

Date



BoutTime

Signature

