

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Adrian Dequincey**

Has successfully participated & completed the

**5km Shift Wellness - Trail Run, The Shift Series**

held at Walter Sisulu Garden.

**TIME 00:39:12**

**PACE 07:49/km**

**OVERALL 16 of 97**

**GENDER 10 of 31**

**50 - 59 2 of 5**

23 June 2019, Sun

Date



*BoutTime*

Signature

