

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## François le Roux

Has successfully participated & completed the

13km Shift Wellness - Winter Wellness Trail Series

held at Walter Sisulu Garden.

**TIME** 02:00:01

**PACE** 09:12/km

OVERALL 44 of 59

**GENDER** 35 of 40

**40 - 49** 12 of 14

21 July 2019, Sun

**Date** 

