

CERTIFICATE OF PARTICIPATION

This is to certify that

Ross Couper

Has successfully participated & completed the
13km Shift Wellness - Winter Wellness Trail Series
held at Walter Sisulu Garden.

TIME 02:20:25

PACE 10:48/km
OVERALL 53 of 59

GENDER 39 of 40
40 - 49 13 of 14

21 July 2019, Sun

Date



BoutTime

Signature

