

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Jaco Van Heerden**

Has successfully participated & completed the

**13km Shift Wellness - Winter Wellness Trail Series**

held at Walter Sisulu Garden.

**TIME 01:42:44**

**PACE 07:54/km**

**OVERALL 24 of 59**

**GENDER 21 of 40**

**50 - 59 4 of 6**

21 July 2019, Sun

Date



*BoutTime*

Signature

