

CERTIFICATE

OF PARTICIPATION

This is to certify that

Rhyn Promnitz

Has successfully participated & completed the

13km Shift Winter Trail Series - Race 3 of 3

held at Walter Sisulu Garden.

TIME 01:40:30

PACE 07:42/km

OVERALL 55 of 140

GENDER 46 of 93

40 - 49 16 of 30

22 July 2018, Sun

Date



BoutTime

Signature