

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## Lizelle Graaff

Has successfully participated & completed the

8km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

**TIME** 02:20:46

**PACE** 17:34/km

**OVERALL** 157 of 166

**GENDER** 83 of 88

**40 - 49** 18 of 18

23 June 2019, Sun

Date



BoutLime

Signature