

CERTIFICATE

OF PARTICIPATION

This is to certify that

Louise Short

Has successfully participated & completed the

8km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

TIME 01:31:12

PACE 11:24/km

OVERALL 97 of 166

GENDER 39 of 88

60 - 69 3 of 7

23 June 2019, Sun

Date



Bout Time