

CERTIFICATE OF PARTICIPATION

This is to certify that

Alex Lake

Has successfully participated & completed the
8km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

TIME 01:28:07

PACE 11:00/km
OVERALL 92 of 166

GENDER 56 of 78
40 - 49 17 of 21

23 June 2019, Sun

Date



BoutTime

Signature

