

CERTIFICATE

OF PARTICIPATION

This is to certify that

Michelle Koch

Has successfully participated & completed the

8km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

TIME 01:33:11

PACE 11:37/km

OVERALL 104 of 166

23 June 2019, Sun

Date

GENDER 45 of 88

OPEN 30 of 51



Signature