

CERTIFICATE OF PARTICIPATION

This is to certify that

Michael Forrester

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

held at Walter Sisulu Garden.

TIME 02:00:34

PACE 15:03/km
OVERALL 139 of 166

GENDER 68 of 78
OPEN 36 of 40

23 June 2019, Sun

Date



BoutTime

Signature

