

CERTIFICATE

OF PARTICIPATION

This is to certify that

Heintje Wessels

Has successfully participated & completed the

8km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

TIME 01:06:13

PACE 08:15/km

OVERALL 20 of 166

GENDER 16 of 78

OPEN 12 of 40

23 June 2019, Sun

Date



Bout Time