

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## Gavin Tweddle

Has successfully participated & completed the

8km Shift Wellness - Trail Run, The Shift Series

held at Walter Sisulu Garden.

**TIME** 01:19:29

**PACE** 09:55/km

**OVERALL** 57 of 166

**GENDER** 39 of 78

40 - 49 12 of 21

23 June 2019, Sun

Date

