

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Abraham van Zyl**

Has successfully participated & completed the  
**8km Shift Wellness - Trail Run, The Shift Series**  
held at Walter Sisulu Garden.

**TIME 01:05:55**

**PACE 08:13/km**  
**OVERALL 18 of 166**

**GENDER 14 of 78**  
**OPEN 10 of 40**

23 June 2019, Sun

Date



*BoutTime*

Signature

