

CERTIFICATE OF PARTICIPATION

This is to certify that

Sheila Joseph

Has successfully participated & completed the

5km Run/Walk Mistico Breakfast Run/Walk

held at Mistico, Cape Town.

OFFICIAL TIME 00:50:56

Mat-To-Mat Time 00:50:56

PACE 10:10/km

OVERALL 27 of 36

GENDER 12 of 19

80 - 89 1 of 1



13 December 2025, Sat

Date

Signature

