



# CERTIFICATE OF PARTICIPATION

This acknowledges that

SHAHFARIS IRFAN BIN MOHD SHAHRIZAM  
01:27:06

.....  
has successfully participated in

**Larian Minda Sihat 2018**  
(15km Competitive Run)

on 21st October 2018

in conjunction with  
**World Mental Health Day**

Co-organized by



VALE



Toh Seri Bijaya

Lt.Kol. Dato' Shahrudin bin Hj Nazari (Bersara)  
Orang besar Jajahan Manjung  
Merangkap Penaung  
Persatuan Pembangunan Minda Sihat Daerah Manjung