



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