

CERTIFICATE OF PARTICIPATION

This is to certify that

Carly Bongers

Has successfully participated & completed the

21km Trail Run Around The Rock #3 Laborie

held at Laborie Wine Farm, Paarl.

TIME 02:50:06

PACE 08:06/km

GENDER 5 of 6

OVERALL 15 of 16

OPEN 4 of 4

09 November 2025, Sun

Date



BoutTime

Signature

