

CERTIFICATE

OF PARTICIPATION

This is to certify that

Helen Van Zyl

Has successfully participated & completed the

10km Trail Run Woester Braaifees Trail Run

held at Karoo Botanical Garden, Worcester.

TIME 02:12:55

PACE 13:16/km

OVERALL 31 of 35

GENDER 14 of 18

50 - 59 3 of 3

21 June 2025, Sat

Date



BoutTime