

CERTIFICATE OF PARTICIPATION

This is to certify that

Helena van Niekerk

Has successfully participated & completed the

21km Trail Run Around The Rock #3 Laborie

held at Laborie Wine Farm, Paarl.

TIME 02:35:53

PACE 07:24/km

OVERALL 12 of 16

GENDER 4 of 6

40 - 49 1 of 1

09 November 2025, Sun

Date



BoutTime

Signature

