

CERTIFICATE OF PARTICIPATION

This is to certify that

Lynette De Coning

Has successfully participated & completed the

5km Trail Run Around The Rock #3 Laborie

held at Laborie Wine Farm, Paarl.

TIME 00:46:20

PACE 09:15/km

GENDER 10 of 18

OVERALL 16 of 30

50 - 59 3 of 6

09 November 2025, Sun

Date



BoutTime

Signature

