

CERTIFICATE OF PARTICIPATION

This is to certify that

**Suzette Ploos Van
Amstel**

Has successfully participated & completed the

10km Trail Run Around The Rock #3 Laborie

held at Laborie Wine Farm, Paarl.

TIME 01:28:56

PACE 08:52/km

OVERALL 24 of 48

GENDER 14 of 30

OPEN 7 of 12

09 November 2025, Sun

Date



BoutTime

Signature

