

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Tamryn Van  
Aswegen**

Has successfully participated & completed the

**5km Trail Run Around The Rock #3 Laborie**

held at Laborie Wine Farm, Paarl.

**TIME 00:30:23**

**PACE 06:03/km**

**OVERALL 1 of 30**

**GENDER 1 of 18**

**14 - 19 1 of 1**

09 November 2025, Sun

Date



*BoutTime*

Signature

