

## **CERTIFICATE**

OF PARTICIPATION

This is to certify that

## **Carly Bongers**

Has successfully participated & completed the

21km Trail Run Around The Rock #3 Laborie

held at Laborie Wine Farm, Paarl.

**TIME** 02:50:06

**PACE** 08:06/km

**OVERALL** 15 of 16

GENDER 5 of 6

**OPEN** 4 of 4

09 November 2025, Sun

Date



BoutTime

Signature