

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

OVERALL 16 of 30

09 November 2025, Sun

Date

GENDER 10 of 18

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