

CERTIFICATE

OF PARTICIPATION

This is to certify that

Nicola Raknes

Has successfully participated & completed the

10km Trail Run Around The Rock #3 Laborie

held at Laborie Wine Farm, Paarl.

TIME 01:37:46

PACE 09:45/km

OVERALL 33 of 48

GENDER 20 of 30

50 - 59 4 of 5

09 November 2025, Sun

Date

