

CERTIFICATE OF PARTICIPATION

This is to certify that

Freddie Carse

Has successfully participated & completed the

5km Trail Run Around The Rock #3 Laborie

held at Laborie Wine Farm, Paarl.

TIME 00:54:22

PACE 10:51/km

OVERALL 27 of 30

GENDER 11 of 12

14 - 19 1 of 1

09 November 2025, Sun

Date



BoutTime

Signature

