

CERTIFICATE OF PARTICIPATION

This is to certify that

Bernard Lourens

Has successfully participated & completed the

30km AMMSA MTB

held at Buffelsvley Guest Farm, Hanslaagte.

TIME 02:15:01

PACE 13.33km/h

GENDER 52 of 122

OVERALL 53 of 138

SUB VETERAN 13 of 32

25 October 2025, Sat

Date



BoutTime

Signature

