

CERTIFICATE OF PARTICIPATION

This is to certify that

Beth Silvester

Has successfully participated & completed the

8km Trail Run Ambrosia Blueberry Dash

held at Ambrosia Citrus Estate, Mdlazi.

TIME 00:54:05

PACE 8.88km/h

GENDER 9 of 26

OVERALL 14 of 38

SUB VETERAN 4 of 8

18 October 2025, Sat

Date



BoutTime

Signature

