

# CERTIFICATE OF PARTICIPATION

This is to certify that

**Carl Portwig**

Has successfully participated & completed the

**5km Run/Walk Ambrosia Blueberry Dash**

held at Ambrosia Citrus Estate, Mdlazi.

**TIME 00:18:55**

**PACE 15.86km/h**

**OVERALL 7 of 53**

**GENDER 6 of 20**

**VETERAN 1 of 2**

18 October 2025, Sat

Date



*BoutTime*

Signature

