

CERTIFICATE OF PARTICIPATION

This is to certify that

Gladys Shai

Has successfully participated & completed the

8km Trail Run Ambrosia Blueberry Dash

held at Ambrosia Citrus Estate, Mdlazi.

TIME 01:21:30

PACE 5.89km/h

OVERALL 32 of 38

GENDER 22 of 26

VETERAN 11 of 11

18 October 2025, Sat

Date



BoutTime

Signature

