

CERTIFICATE OF PARTICIPATION

This is to certify that

Lara Van Ninkerk

Has successfully participated & completed the

5km Run/Walk Ambrosia Blueberry Dash

held at Ambrosia Citrus Estate, Mdlazi.

TIME 01:10:57

PACE 4.23km/h

OVERALL 44 of 53

GENDER 27 of 33

VETERAN 5 of 6

18 October 2025, Sat

Date



BoutTime

Signature

