

CERTIFICATE OF PARTICIPATION

This is to certify that

Lizel De Lange

Has successfully participated & completed the

30km AMMSA MTB

held at Buffelsvley Guest Farm, Hanslaagte.

TIME 03:48:24

PACE 7.88km/h

OVERALL 112 of 138

GENDER 12 of 16

VETERAN 5 of 6

25 October 2025, Sat

Date



BoutTime

Signature

