

CERTIFICATE OF PARTICIPATION

This is to certify that

Lizel Theron

Has successfully participated & completed the

2.5km Run/Walk Ambrosia Blueberry Dash

held at Ambrosia Citrus Estate, Mdlazi.

TIME 00:29:45

PACE 6.05km/h

GENDER 11 of 35

OVERALL 14 of 44

SUB VETERAN 3 of 14

18 October 2025, Sat

Date



BoutTime

Signature

