

CERTIFICATE OF PARTICIPATION

This is to certify that

Melize Gouws

Has successfully participated & completed the

5km Run/Walk Ambrosia Blueberry Dash

held at Ambrosia Citrus Estate, Mdlazi.

TIME 00:40:44

PACE 7.36km/h

GENDER 17 of 33

OVERALL 31 of 53

SUB VETERAN 2 of 4

18 October 2025, Sat

Date



BoutTime

Signature

