

CERTIFICATE OF PARTICIPATION

This is to certify that

Michael Du Plessis

Has successfully participated & completed the

5km Run/Walk Ambrosia Blueberry Dash

held at Ambrosia Citrus Estate, Mdlazi.

TIME 00:23:57

PACE 12.53km/h

GENDER 7 of 20

OVERALL 12 of 53

ELITE 2 of 3

18 October 2025, Sat

Date



BoutTime

Signature

